



**panini** • choice of Multigrain, Italian or Gluten Free bread  
 • choice of quinoa<sup>GF</sup>, chips<sup>GF</sup> or fruit<sup>GF</sup>

<b>turkey</b> / all natural turkey, cheddar, spinach & chipotle avocado mayo	\$12
<b>ham</b> / all natural ham, swiss, spinach & grain mustard	\$12
<b>pork</b> / all natural pulled pork, swiss, pickles & chimichurri	\$13
<b>chicken</b> / all natural roasted chicken, carmelized onions, goat cheese & spinach	\$13.5
<b>tuna</b> / albacore tuna salad, cheddar & tomato	\$13
<b>fresh mozzarella</b> / tomato, fresh spinach & basil pesto <sup>N</sup>	\$12
<b>roasted veggie</b> / portobello, summer squash, red pepper, goat cheese & artichoke pesto	\$12.5
<b>blt</b> / all natural bacon, spinach, tomato, avocado & herb aioli	\$12.5
<b>cheese</b> / swiss, provolone, cheddar & tomato	\$ 8.5
<b>pbj</b> / natural peanut butter <sup>N</sup> & berry jam	\$ 8.5
<b>nutella<sup>N</sup> &amp; banana</b>	\$ 8.5

**crepes** • Gluten Free available +\$1  
 • served with side of pico de gallo

<b>ham &amp; egg</b> / all natural ham, swiss & egg	\$11.5
<b>fresh mozzarella</b> / tomato, spinach & basil pesto <sup>N</sup>	\$12
<b>turkey</b> / all natural turkey, provolone, spinach & sundried tomato pesto <sup>N</sup>	\$11.5
<b>sauteed mushrooms</b> / spinach, feta, & egg	\$11.5
<b>roasted veggie</b> / portobello, summer squash, red pepper, goat cheese & artichoke pesto	\$12.5
<b>chicken</b> / all natural roasted chicken, carmelized onions, spinach & goat cheese	\$12.5
<b>pork</b> / all natural pulled pork, swiss, pickles & chimichurri	\$12.5
<b>ham</b> / all natural ham, swiss, spinach & grain mustard	\$11.5

**sweet crepes**

<b>nutella<sup>N</sup> &amp; banana</b>	\$ 9
<b>lemon curd &amp; fresh berries</b>	\$ 9
<b>caramelized apples</b> / pralines <sup>N</sup> , caramel, creme fraiche	\$ 9
<b>dark chocolate &amp; fresh berries</b>	\$ 9
<b>cinnamon crepe au naturel</b> / cinnamon sugar & maple syrup	\$ 6
<b>lemon crepe au naturel</b> / lemon juice & sugar	\$ 6

**salads** • Salads served w/multigrain bread, GF bread available  
 • Salads are Gluten Free (<sup>GF</sup>) without bread

<b>add to any salad</b> (all <sup>GF</sup> ): •chicken \$3.5 •tuna salad \$3.5 •quinoa \$2.75 •smoked salmon \$5 •hard boiled egg \$1.5	
<b>mediterranean<sup>GF</sup></b> / mixed greens, roasted portobello & squash, feta, kalamata olives, red peppers, lemon olive oil vinaigrette	\$13
<b>spinach<sup>GF</sup></b> / spinach, goat cheese, apple, carmelized walnuts <sup>N</sup> , dried cranberries, lemon olive oil vinaigrette	\$10
<b>cobb<sup>GF</sup></b> / mixed greens, egg, avocado, bacon, feta, tomato, kalamata olives, lemon olive oil vinaigrette	\$13.5
<b>keto salad<sup>GF</sup></b> / mixed greens & spinach, roasted portobello, summer squash, red pepper, kalamata olives, avocado, hard boiled egg, lemon olive oil vinaigrette choice of feta or bacon (no bread)	\$14
<b>kale caesar</b> / romaine, kale, tomato, egg, parmesan, croutons, caesar dressing	\$10.5

**side salads<sup>GF</sup>**  
 •mixed greens - tomatoes & feta \$5 •mediterranean \$7 •spinach<sup>N</sup> \$6

**grain bowl<sup>GF</sup>** (vegan)  
 quinoa, turmeric roasted cauliflower, cherry tomatoes, avocado, pickled red onion, marinated chickpeas, herb pesto<sup>N</sup>

	\$11
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**soup**

<b>bowl of soup</b> (with multigrain bread)	\$ 6
<b>soup &amp; 1/2 sandwich</b> (with chips or quinoa)	(\$9-\$13)
<b>soup &amp; side salad</b> (sub mediterranean \$12, spinach <sup>N</sup> \$10)	\$10.5
<b>soup &amp; gougere</b>	\$ 8.75

## breakfast

ITEMS BELOW SERVED ALL DAY!

\*Gluten Free bread available

**nest egg** / sunny egg nestled in toast\* with cheddar, side of pico de gallo

	\$8.5
• add ham \$2 or bacon \$3	

**herb scrambled eggs** / 2 slices toast\*, side of pico de gallo & jam

	\$9.5
• add cheese (cheddar, swiss, provolone, feta, goat) \$1.5	
• add sautéed mushrooms & onions \$2	
• add spinach or tomato 75¢	
• add ham \$2, bacon or sausage \$3	

**herb scrambled egg panini\*** / swiss cheese, side of pico de gallo

	\$9
• add ham \$2, bacon or sausage \$3	
• add avocado \$2	

**steel cut oatmeal<sup>GF</sup>**

	\$4.5
• add honey & fresh berries \$2	
• add honey & dried fruit \$1.5	
• add granola <sup>N</sup> <sup>GF</sup> \$2	

**side of all natural bacon or sausage links**

	\$3.5
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**avocado toast** / one slice multigrain\* - smashed avocado, sea salt, pink peppercorns, lemon

	\$6.5
• add hard boiled egg \$1.5	
• add tomato 75¢	
• add goat or feta cheese \$1.5	
• add smoked salmon \$5	
• add bacon \$3	

**smoked salmon toast** / one slice multigrain\* - cream cheese, everything bagel seasoning, pickled red onion

	\$9
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**breakfast burrito** / scrambled eggs, cheddar cheese, black beans, avocado cream, flour tortilla, side of pico de gallo

	\$10
• add sausage or bacon \$3	

**housemade granola<sup>N</sup> <sup>GF</sup>** with fresh berries

• w/milk	\$6.5
• w/greek yogurt	\$8.5

**toast** - 2 slices/multigrain, Italian or Gluten Free bread

• w/butter & homemade jam	\$4.5
• w/all natural peanut butter <sup>N</sup> or almond butter <sup>N</sup>	\$5

**fruit cup<sup>GF</sup>**

	\$3
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**fruit bowl<sup>GF</sup>**

	\$6
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**GF** Gluten Free    **N** Contains Nuts