



panini • choice of Multigrain, Italian or Gluten Free bread
 • choice of quinoa^{GF}, chips^{GF} or fruit^{GF}

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

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

ham & egg / all natural ham, swiss & egg	\$12
fresh mozzarella / tomato, spinach & basil pesto ^N	\$12
turkey / all natural turkey, provolone, spinach & sundried tomato pesto ^N	\$12
sauteed mushrooms / spinach, feta, & egg	\$12
roasted veggie / portobello, summer squash, red pepper, goat cheese & artichoke pesto	\$12.5
chicken / all natural roasted chicken, carmelized onions, spinach & goat cheese	\$13.5
pork / all natural pulled pork, swiss, pickles & chimichurri	\$12.5
ham / all natural ham, swiss, spinach & grain mustard	\$12

sweet crepes

nutella^N & banana	\$ 9
lemon curd & fresh berries	\$ 9
caramelized apples / pralines ^N , caramel, creme fraiche	\$ 9
dark chocolate & fresh berries	\$ 9
cinnamon crepe au naturel / cinnamon sugar & maple syrup	\$ 7
lemon crepe au naturel / lemon juice & sugar	\$ 6

salads • Salads served w/multigrain bread, GF bread available
 • Salads are Gluten Free (^{GF}) without bread

add to any salad (all ^{GF}): •chicken \$3.5 •tuna salad \$3.5 •quinoa \$2.75 •smoked salmon \$5 •hard boiled egg \$1.5	
mediterranean^{GF} / mixed greens, roasted portobello & squash, feta, kalamata olives, red peppers, lemon olive oil vinaigrette	\$14
spinach^{GF} / spinach, goat cheese, apple, carmelized walnuts ^N , dried cranberries, lemon olive oil vinaigrette	\$11
cobb^{GF} / mixed greens, egg, avocado, bacon, feta, tomato, kalamata olives, lemon olive oil vinaigrette	\$14
keto salad^{GF} / 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)	\$15
kale caesar / romaine, kale, tomato, egg, parmesan, croutons, caesar dressing	\$11

side salads^{GF}
 •mixed greens - tomatoes & feta \$6 •mediterranean \$8 •spinach^N \$6.5

grain bowl^{GF} (vegan)
 quinoa, turmeric roasted cauliflower, cherry tomatoes, avocado, pickled red onion, marinated chickpeas, herb pesto^N

	\$11
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soup

bowl of soup (with multigrain bread)*	\$ 6
soup & 1/2 sandwich (with chips or quinoa)	(\$11-\$14)
soup & side salad (sub mediterranean \$13.5, spinach ^N \$12)	\$11.5
soup & gougere	\$ 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^{GF}

	\$4.5
• add honey & fresh berries \$2	
• add honey & dried fruit \$1.5	
• add granola ^N ^{GF} \$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^N ^{GF} 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 ^N or almond butter ^N	\$5

fruit cup^{GF}

	\$3
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fruit bowl^{GF}

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