



**PANINIS** choice of multigrain, Italian, or gluten free bread  
choice of quinoa<sup>GF</sup>, chips<sup>GF</sup>, or fruit

**Roasted Veggie** roasted portobello, summer squash, red peppers, artichoke pesto, goat cheese

**Bistro Chicken** all natural roasted chicken, caramelized onion, spinach, goat cheese

**Pesto Chicken** all natural roasted chicken, basil pesto<sup>N</sup>, spinach, tomato, provolone cheese

**Tuna Salad** albacore tuna salad, cheddar cheese, tomato

**Fresh Mozzarella** fresh mozzarella, tomato, spinach, basil pesto<sup>N</sup>

**Smoked Turkey** all natural turkey, cheddar cheese, spinach, chipotle avocado aioli

**Black Forest Ham** all natural ham, swiss cheese, spinach, grain mustard

**Pork** all natural pork, pickle, chimichurri, swiss cheese

**BLT** all natural bacon, avocado, spinach, tomato, herb aioli

**Cheese** tomato, cheddar, swiss, provolone cheese

**PB&J** all natural peanut butter<sup>N</sup>, berry jam

**Nutella<sup>N</sup> Banana**

**SALADS** served with bread, gluten free available.  
(1 slice .25¢ 2 slices .50¢)  
request no croutons for GF caesar salad

**Squash<sup>GF</sup> Coming Soon!**

leafy greens, baby kale, roasted butternut squash, pickled beet, goat cheese, pepita, tahini dressing

**Spinach<sup>GF</sup>**

apple, caramelized walnut<sup>N</sup>, dried cranberry, goat cheese, lemon olive oil dressing

**Cobb<sup>GF</sup>**

leafy greens, avocado, bacon, tomato, kalamata olive, hard boiled egg, feta cheese, lemon olive oil dressing

**Kale Caesar Coming Soon!**

baby kale, leafy greens, hard boiled egg, parmesan cheese, w/ multigrain croutons, caesar dressing

**Mediterranean<sup>GF</sup>**

leafy greens, roasted portobello, summer squash, red pepper, kalamata olive, feta cheese, lemon olive oil dressing

**Keto<sup>GF</sup> no bread**

leafy greens, spinach, roasted portobello, summer squash, red pepper, kalamata olive, hard boiled egg, feta, lemon olive oil dressing

**add to any salad: all<sup>GF</sup>**

- smoked salmon
- chicken
- tuna salad
- quinoa salad
- avocado half
- hard boiled egg
- bacon
- lentils
- chickpeas

**VEGAN BOWLS**

**Original Grain Bowl<sup>GF</sup>**

quinoa<sup>GF</sup>, turmeric roasted cauliflower, cherry tomato, avocado, pickled red onion, chickpeas, herb pesto<sup>N</sup>, lemon olive oil dressing

**Harvest Grain Bowl<sup>GF</sup> Coming Soon!**

quinoa<sup>GF</sup>, roasted butternut squash, portobello, lentil, pickled beet, pepita, tahini dressing

**SOUP**

**bowl of soup**

w/ multigrain bread

**soup & 1/2 panini**

w/ chips<sup>GF</sup>, quinoa<sup>GF</sup>, or fruit

**soup & side salad**

sub spinach, caesar, or squash  
sub mediterranean

**soup & gougere**

**SIDE SALADS** \*not gluten free

**greens** tomatoes & feta cheese

**mediterranean**

**spinach**

**squash Coming Soon!**

**\*kale caesar Coming Soon!**

# BREAKFAST 7AM – 12PM MONDAY–FRIDAY

gluten free bread available (1 slice .25¢ 2 slices .50¢)

8AM – 1PM SATURDAY & SUNDAY

## Herb Scrambled Egg Panini

herb scrambled eggs, swiss cheese, w/ side of pico de gallo, choice of bread

- add all natural bacon, ham, or sausage
- sub egg whites
- add avocado

## Steel cut Oatmeal <sup>GF</sup>

- add dried fruit & honey
- add honey & fresh berries
- add granola<sup>N</sup>

## Herb Scrambled Egg

2 slices toast, w/ side of pico de gallo, jam & butter

- add choice of cheese
- add sauteed mushroom & onion
- add spinach or tomato
- add all natural ham, bacon, or sausage

## Nest Egg

sunny side egg nestled in toast w/ cheddar cheese, side of pico de gallo

- add all natural bacon or ham

# ALL DAY BREAKFAST

**Avocado Toast** 1 slice multigrain, smashed avocado, sea salt, pink peppercorn, w/ lemon on side

- add smoked salmon
- add all natural bacon
- add hard boiled egg
- add goat or feta cheese
- add tomato

## Smoked Salmon Toast

1 slice multigrain, cream cheese, everything bagel seasoning, w/ pickled red onion on side

## Breakfast Burrito

scrambled egg, black bean, pico de gallo, cheddar cheese, avocado cream

- add all natural sausage or bacon...\$3

## Homemade Granola <sup>GF N</sup>

& fresh berries  
w/ milk  
w/ yogurt

## Toast

2 slices of multigrain, Italian or gluten free w/ butter & homemade jam  
w/ all natural peanut butter<sup>N</sup>

## Side of all Natural Bacon

## Fruit Cup

## Fruit Bowl

# CREPES <sup>gluten free available \$1</sup> <sup>savory served with a side of pico de gallo</sup>

## Pesto Chicken

all natural roasted chicken, basil pesto<sup>N</sup>, spinach, tomato, provolone cheese

## Roasted Veggie

roasted portobello, summer squash, red pepper, artichoke pesto, goat cheese

## Bistro Chicken

all natural roasted chicken, caramelized onion, spinach, goat cheese

## Turkey or Ham

all natural turkey or ham, spinach, grain mustard, swiss cheese

## Fresh Mozzarella

fresh mozzarella, tomato, spinach, basil pesto<sup>N</sup>

## Pork

all natural pork, pickle, chimichurri, swiss cheese

## Ham & Egg

all natural ham, egg, swiss cheese

## Sauteed Mushroom

sauteed mushroom & onion, spinach, egg, feta cheese

## Nutella<sup>N</sup> & Banana

## Lemon Curd & Fresh Berries

## Dark Chocolate & Fresh Berries

## Cinnamon crepe au natural

cinnamon sugar, maple syrup

## Lemon crepe au natural

lemon juice, granulated sugar

<sup>GF</sup>Gluten Free <sup>N</sup>Contains Nuts

\*consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness