



PANINIS choice of multigrain, Italian, or gluten free bread
choice of quinoa^{GF}, chips^{GF}, or fruit

- Roasted Veggie** roasted portobello, summer squash, red peppers, artichoke pesto, goat cheese \$14.⁵⁰
- Bistro Chicken** all natural roasted chicken, caramelized onion, spinach, goat cheese..... \$14.⁵⁰
- Pesto Chicken** all natural roasted chicken, basil pesto^N, spinach, tomato, provolone cheese \$14.⁵⁰
- Tuna Salad** albacore tuna salad, cheddar cheese, tomato \$14
- Fresh Mozzarella** fresh mozzarella, tomato, spinach, basil pesto^N \$13.⁵⁰
- Smoked Turkey** all natural turkey, cheddar cheese, spinach, chipotle avocado aioli \$13.⁵⁰
- Black Forest Ham** all natural ham, swiss cheese, spinach, grain mustard \$13.⁵⁰
- BLT** all natural bacon, avocado, spinach, tomato, herb aioli \$14
- Cheese** tomato, cheddar, swiss, provolone cheese \$10
- PB&J** all natural peanut butter^N, berry jam \$9
- Nutella^N Banana** \$9

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

- Squash^{GF}** \$13.⁵⁰
leafy greens, baby kale, roasted butternut squash, pickled beet, goat cheese, pepita, tahini dressing
- Spinach^{GF}** \$12.⁵⁰
apples, caramelized walnut^N, dried cranberry, goat cheese, lemon olive oil dressing
- Cobb^{GF}** \$16
leafy greens, avocado, bacon, tomato, kalamata olive, hard boiled egg, feta cheese, lemon olive oil dressing
- Kale Caesar** \$12.⁵⁰
baby kale, leafy greens, hard boiled egg, parmesan cheese, cherry tomato, w/ croutons, caesar dressing
- Mediterranean^{GF}** \$15
leafy greens, roasted portobello, summer squash, red pepper, kalamata olive, feta cheese, lemon olive oil dressing
- Keto^{GF} no bread** \$16
leafy greens, spinach, roasted portobello, summer squash, red pepper, kalamata olive, feta, hard boiled egg, avocado, lemon olive oil dressing

add to any salad: all^{GF}

- smoked salmon \$6 • chicken \$4.⁵⁰
- tuna salad \$4 • quinoa salad \$3
- avocado half \$2 • hard boiled egg \$1.⁵⁰
- bacon \$3.⁵⁰ • lentils \$1.⁵⁰ • chickpeas \$1.⁵⁰

VEGAN BOWLS

- Original Grain Bowl^{GF}**
quinoa^{GF}, turmeric roasted cauliflower, cherry tomato, avocado, pickled red onion, chickpeas, herb pesto^N, lemon olive oil dressing \$13
- Harvest Grain Bowl^{GF}**
quinoa^{GF}, roasted butternut squash, portobello, lentil, pickled beet, pepita, tahini dressing..... \$13

SOUP

- bowl of soup**.....\$7
w/ multigrain bread
- soup & 1/2 panini**.....\$ varies
w/ chips^{GF}, quinoa^{GF}, or fruit
- soup & side salad** \$13.⁵⁰
sub spinach, caesar, or squash \$14
sub mediterranean..... \$15
- soup & gougere** \$9.⁷⁵

SIDE SALADS *not gluten free

- greens** tomatoes & feta cheese \$7
- mediterranean** \$8.⁵⁰
- spinach**..... \$7
- squash** \$7.⁵⁰
- *kale caesar** \$7

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

BREAKFAST 7AM – 12PM MONDAY–FRIDAY

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

8AM – 1PM SATURDAY & SUNDAY

Herb Scrambled Egg \$10.⁵⁰

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

- add choice of cheese...\$1.⁵⁰
- add sauteed mushroom & onion...\$2
- add spinach or tomato...\$1
- add all natural ham, bacon, or sausage...\$3.⁵⁰
- sub egg whites...\$1.²⁵

Steel cut Oatmeal ^{GF} \$4.⁵⁰

- add dried fruit & honey...\$1.⁵⁰
- add honey & fresh berries ...\$3.⁵⁰
- add granola^N ... \$3

Herb Scrambled Egg Panini \$9.⁵⁰

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

- add all natural bacon, ham, or sausage...\$3.⁵⁰
- sub egg whites...\$1.²⁵
- add avocado...\$2

Nest Egg \$9

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

- add all natural bacon or ham ... \$3.⁵⁰

ALL DAY BREAKFAST

Avocado Toast 1 slice multigrain,

smashed avocado, sea salt, pink peppercorn,
w/ lemon on side..... \$6.⁵⁰

- add smoked salmon...\$6
- add all natural bacon ...\$3.⁵⁰
- add hard boiled egg...\$1.⁵⁰
- add goat or feta cheese...\$1.⁵⁰
- add tomato...\$1

Smoked Salmon Toast 1 slice multigrain,

cream cheese, everything bagel seasoning,
w/ pickled red onion on side \$9.⁵⁰

- add all natural bacon...\$3.⁵⁰
- add hard boiled egg...\$1.⁵⁰
- add goat or feta cheese...\$1.⁵⁰
- add tomato...\$1

Breakfast Burrito

scrambled egg, black bean, pico de gallo,
cheddar cheese, avocado cream \$10.⁵⁰

- add all natural sausage or bacon...\$3.⁵⁰

Homemade Granola ^{GF N}

& fresh berries

w/ milk \$7.⁵⁰

w/ yogurt..... \$9

Toast

2 slices of multigrain, Italian or gluten free

w/ butter & homemade jam \$5

w/ all natural peanut butter^N \$5.⁵⁰

Side of all Natural Bacon OR \$3.⁵⁰
Sausage Links

Fruit Cup \$3

Fruit Bowl \$7

CREPES gluten free available + \$1

savory served with a side of pico de gallo

Pesto Chicken \$14.⁵⁰

all natural roasted chicken, basil pesto^N,
spinach, tomato, provolone cheese

Roasted Veggie \$14.⁵⁰

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

Bistro Chicken \$14.⁵⁰

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

Turkey or Ham \$13.⁵⁰

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

Fresh Mozzarella \$13.⁵⁰

fresh mozzarella, tomato, spinach, basil pesto^N

Ham & Egg \$13.⁵⁰

all natural ham, egg, swiss cheese

Sauteed Mushroom \$14

sauteed mushroom & onion, spinach, egg,
feta cheese

Nutella^N & Banana \$9

Lemon Curd & Fresh Berries.....\$9

Dark Chocolate & Fresh Berries \$9

Cinnamon crepe au natural \$8

cinnamon sugar, maple syrup

Lemon crepe au natural.....\$7

lemon juice, granulated sugar

^{GF}Gluten Free ^NContains Nuts

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