



**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 ..... \$13.<sup>50</sup>
- Bistro Chicken** all natural roasted chicken, caramelized onion, spinach, goat cheese.....\$13.<sup>50</sup>
- Pesto Chicken** all natural roasted chicken, basil pesto<sup>N</sup>, spinach, tomato, provolone cheese .....\$13.<sup>50</sup>
- Tuna Salad** albacore tuna salad, cheddar cheese, tomato .....\$13.<sup>50</sup>
- Fresh Mozzarella** fresh mozzarella, tomato, spinach, basil pesto<sup>N</sup> .....\$13
- Smoked Turkey** all natural turkey, cheddar cheese, spinach, chipotle avocado aioli .....\$13
- Black Forest Ham** all natural ham, swiss cheese, spinach, grain mustard .....\$13
- BLT** all natural bacon, avocado, spinach, tomato, herb aioli .....\$13.<sup>50</sup>
- Cheese** tomato, cheddar, swiss, provolone cheese .....\$9
- PB&J** all natural peanut butter<sup>N</sup>, berry jam .....\$8.<sup>50</sup>
- Nutella<sup>N</sup> Banana** .....\$8.<sup>50</sup>

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

- Squash<sup>GF</sup>** ..... \$14.<sup>50</sup>  
leafy greens, baby kale, roasted butternut squash,  
pickled beet, goat cheese, pepita, tahini dressing
- Spinach<sup>GF</sup>** ..... \$12  
apples, caramelized walnut<sup>N</sup>, dried cranberry,  
goat cheese, lemon olive oil dressing
- Cobb<sup>GF</sup>** .....\$14.<sup>50</sup>  
leafy greens, avocado, bacon, tomato,  
kalamata olive, hard boiled egg, feta cheese,  
lemon olive oil dressing
- Kale Caesar** ..... \$12.<sup>50</sup>  
baby kale, leafy greens, hard boiled egg,  
parmesan cheese, cherry tomato, w/ croutons,  
caesar dressing
- Mediterranean<sup>GF</sup>** .....\$14.<sup>50</sup>  
leafy greens, roasted portobello, summer  
squash, red pepper, kalamata olive, feta  
cheese, lemon olive oil dressing
- Keto<sup>GF</sup> 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<sup>GF</sup>**

- smoked salmon \$5      •chicken \$4
- tuna salad \$3.<sup>50</sup>      •quinoa salad \$2.<sup>75</sup>
- avocado half \$2      •hard boiled egg \$1.<sup>50</sup>
- bacon \$3      •lentils \$1.<sup>50</sup>      •chickpeas \$1.<sup>50</sup>

**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 ..... \$13
- Harvest Grain Bowl<sup>GF</sup>**  
quinoa<sup>GF</sup>, 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<sup>GF</sup>, quinoa<sup>GF</sup>, or fruit
- soup & side salad** .....\$12.<sup>50</sup>  
sub spinach, caesar, or squash .....\$13.<sup>50</sup>  
sub mediterranean.....\$14.<sup>50</sup>
- soup & gougere** .....\$9.<sup>75</sup>

**SIDE SALADS** \*not gluten free

- greens** tomatoes & feta cheese.....\$6
- mediterranean** .....\$8
- spinach**.....\$7
- squash** .....\$7
- \*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¢)

- |   |   |
|---|---|
| <p><b>Herb Scrambled Egg</b>.....\$9.<sup>50</sup><br/>                 2 slices toast, w/ side of pico de gallo,<br/>                 jam &amp; butter<br/>                 •add choice of cheese...\$1.<sup>50</sup><br/>                 •add sauteed mushroom &amp; onion...\$2<br/>                 •add spinach or tomato...75¢<br/>                 •add all natural ham, bacon, or sausage...\$3<br/>                 •sub egg whites...\$1.<sup>25</sup></p> <p><b>Steel cut Oatmeal</b> <sup>GF</sup>.....\$4.<sup>50</sup><br/>                 •add dried fruit &amp; honey...\$1.<sup>50</sup><br/>                 •add honey &amp; fresh berries...\$3<br/>                 •add granola<sup>N</sup>...\$2.<sup>50</sup></p> | <p><b>Herb Scrambled Egg Panini</b> .....\$9.<sup>50</sup><br/>                 herb scrambled eggs, swiss cheese, w/ side of<br/>                 pico de gallo, choice of bread<br/>                 •add all natural bacon, ham, or sausage...\$3<br/>                 •sub egg whites...\$1.<sup>25</sup><br/>                 •add avocado...\$2</p> <p><b>Nest Egg</b> .....\$9<br/>                 sunny side egg nestled in toast w/<br/>                 cheddar cheese, side of pico de gallo<br/>                 •add all natural bacon or ham...\$3</p> |
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# ALL DAY BREAKFAST

- Avocado Toast** 1 slice multigrain,  
 smashed avocado, sea salt, pink peppercorn,  
 w/ lemon on side.....\$6.<sup>50</sup>  
 •add smoked salmon...\$5  
 •add all natural bacon...\$3  
 •add hard boiled egg...\$1.<sup>50</sup>  
 •add goat or feta cheese...\$1.<sup>50</sup>  
 •add tomato...75¢
- Smoked Salmon Toast**  
 1 slice multigrain, cream cheese,  
 everything bagel seasoning,  
 w/ pickled red onion on side .....\$9.<sup>50</sup>
- Breakfast Burrito**  
 scrambled egg, black bean, pico de gallo,  
 cheddar cheese, avocado cream .....\$10.<sup>50</sup>  
 •add all natural sausage or bacon...\$3
- Homemade Granola** <sup>GF N</sup>  
 & fresh berries  
 w/ milk.....\$7.<sup>50</sup>  
 w/ yogurt.....\$9
- Toast**  
 2 slices of multigrain, Italian or gluten free  
 w/ butter & homemade jam .....\$4.<sup>50</sup>  
 w/ all natural peanut butter<sup>N</sup> .....\$5
- Side of all Natural Bacon** .....\$3.<sup>50</sup>
- Fruit Cup** .....\$3
- Fruit Bowl** .....\$7

# CREPES

gluten free available \$1  
 savory served with a side of pico de gallo

- Pesto Chicken** .....\$13.<sup>50</sup>  
 all natural roasted chicken, basil pesto<sup>N</sup>,  
 spinach, tomato, provolone cheese
- Roasted Veggie** .....\$13.<sup>50</sup>  
 roasted portobello, summer squash, red pepper,  
 artichoke pesto, goat cheese
- Bistro Chicken** .....\$13.<sup>50</sup>  
 all natural roasted chicken, caramelized onion,  
 spinach, goat cheese
- Turkey or Ham** .....\$13  
 all natural turkey or ham, spinach,  
 grain mustard, swiss cheese
- Fresh Mozzarella** .....\$13  
 fresh mozzarella, tomato, spinach, basil pesto<sup>N</sup>
- Ham & Egg** .....\$13  
 all natural ham, egg, swiss cheese
- Sauteed Mushroom** .....\$13.<sup>50</sup>  
 sauteed mushroom & onion, spinach, egg,  
 feta cheese
- Nutella<sup>N</sup> & Banana** .....\$9
- Lemon Curd & Fresh Berries**.....\$9
- Dark Chocolate & Fresh Berries** .....\$9
- Cinnamon crepe au natural** .....\$7  
 cinnamon sugar, maple syrup
- Lemon crepe au natural**.....\$7  
 lemon juice, granulated sugar

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

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