



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

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|--|--------|
| 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 • served with side of pico de gallo

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| ham & egg / all natural ham, swiss & egg | \$11.5 |
| fresh mozzarella / tomato, spinach & basil pesto ^N | \$12 |
| turkey / all natural turkey, provolone, spinach & sundried tomato pesto ^N | \$11.5 |
| sauteed mushrooms / spinach, feta & egg | \$11.5 |
| 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 | \$11.5 |

sweet crepes

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|--|------|
| 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 | \$ 6 |
| 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

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|---|--------|
| mediterranean^{GF} / mixed greens, roasted portobello & squash, feta, kalamata olives, red peppers, lemon olive oil vinaigrette | \$13 |
| spinach^{GF} / spinach, goat cheese, apple, carmelized walnuts ^N , dried cranberries, lemon olive oil vinaigrette | \$10 |
| cobb^{GF} / mixed greens, egg, avocado, bacon, feta, tomato, kalamata olives, lemon olive oil vinaigrette | \$13.5 |
| keto salad^{GF} / mixed greens & spinach, roasted portobello, summer squash & red pepper, kalamata olives, avocado, hard boiled egg, choice of feta or bacon, no bread | \$14 |

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

soup

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|--|------------|
| bowl of soup (with multigrain bread) | \$ 6 |
| soup & 1/2 sandwich (with chips or quinoa) | (\$9-\$13) |
| soup & side salad (sub mediterranean \$12.5, spinach ^N \$11) | \$ 10.5 |
| soup & gougere | \$ 8.75 |

breakfast

Served 7-11am M-F
 8-12pm Saturday & Sunday

*Gluten Free bread available

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| 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^{GF} | \$3.5 |

ITEMS BELOW SERVED ALL DAY!

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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 |
| 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 | \$5 |

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| fruit cup^{GF} | \$3 |
| fruit bowl^{GF} | \$6 |

^{GF} Gluten Free ^N Contains Nuts