



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 \$13.⁵⁰
- Bistro Chicken** all natural roasted chicken, caramelized onion, spinach, goat cheese.....\$13.⁵⁰
- Pesto Chicken** all natural roasted chicken, basil pesto^N, spinach, tomato, provolone cheese \$13.⁵⁰
- Tuna Salad** albacore tuna salad, cheddar cheese, tomato \$13.⁵⁰
- Fresh Mozzarella** fresh mozzarella, tomato, spinach, basil pesto^N \$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\$13.⁵⁰
- Cheese** tomato, cheddar, swiss, provolone cheese\$9
- PB&J** all natural peanut butter^N, berry jam \$8.⁵⁰
- Nutella^N Banana**\$8.⁵⁰

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

- Squash^{GF}** \$14.⁵⁰
leafy greens, baby kale, roasted butternut squash, pickled beet, goat cheese, pepita, tahini dressing
- Spinach^{GF}** \$12
apples, caramelized walnut^N, dried cranberry, goat cheese, lemon olive oil dressing
- Cobb^{GF}** \$14.⁵⁰
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}** \$14.⁵⁰
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 \$5 •chicken \$4
- tuna salad \$3.⁵⁰ •quinoa salad \$2.⁷⁵
- avocado half \$2 •hard boiled egg \$1.⁵⁰
- bacon \$3 •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** \$12.⁵⁰
sub spinach, caesar, or squash \$13.⁵⁰
sub mediterranean..... \$14.⁵⁰
- soup & gougere**\$9.⁷⁵

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¢)

8AM – 1PM SATURDAY & SUNDAY

Herb Scrambled Egg \$9.⁵⁰

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

- add choice of cheese... \$1.⁵⁰
- add sauteed mushroom & onion... \$2
- add spinach or tomato... .75¢
- add all natural ham, bacon, or sausage... \$3
- sub egg whites... \$1.²⁵

Steel cut Oatmeal ^{GF} \$4.⁵⁰

- add dried fruit & honey... \$1.⁵⁰
- add honey & fresh berries... \$3
- add granola^N... \$2.⁵⁰

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
- 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

ALL DAY BREAKFAST

Avocado Toast 1 slice multigrain, smashed avocado, sea salt, pink peppercorn, w/ lemon on side \$6.⁵⁰

- add smoked salmon... \$5
- add all natural bacon... \$3
- add hard boiled egg... \$1.⁵⁰
- add goat or feta cheese... \$1.⁵⁰
- add tomato... .75¢

Smoked Salmon Toast

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

Breakfast Burrito

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

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

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 \$4.⁵⁰

w/ all natural peanut butter^N \$5

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 \$13.⁵⁰

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

Roasted Veggie \$13.⁵⁰

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

Bistro Chicken \$13.⁵⁰

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^N

Ham & Egg \$13

all natural ham, egg, swiss cheese

Sauteed Mushroom \$13.⁵⁰

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 \$7

cinnamon sugar, maple syrup

Lemon crepe au natural \$7

lemon juice, granulated sugar

^{GF}Gluten Free ^NContains Nuts

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