**PANINIS**
choice of multigrain, Italian, or gluten free bread
choice of quinoa®, chips®, 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®, spinach, tomato, provolone cheese $14.50
- **Tuna Salad** albacore tuna salad, cheddar cheese, tomato $14
- **Fresh Mozzarella** fresh mozzarella, tomato, spinach, basil pesto® $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
- **Pork** all natural pork, pickle, chimichurri, swiss cheese $14.50
- **BLT** all natural bacon, avocado, spinach, tomato, herb aioli $14
- **Cheese** tomato, cheddar, swiss, provolone cheese $10
- **PB&J** all natural peanut butter®, berry jam $9
- **Nutella® Banana** $9

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

- **Squash** leafy greens, baby kale, roasted butternut squash, pickled beet, goat cheese, pepita, tahini dressing $13.50
- **Spinach** apple, caramelized walnut®, dried cranberry, goat cheese, lemon olive oil dressing $12.50
- **Cobb** leafy greens, avocado, bacon, tomato, kalamata olive, hard boiled egg, feta cheese, lemon olive oil dressing $16
- **Kale Caesar** baby kale, leafy greens, hard boiled egg, parmesan cheese, cherry tomato, w/ croutons, caesar dressing $12.50
- **Mediterranean** leafy greens, roasted portobello, summer squash, red pepper, kalamata olive, feta cheese, lemon olive oil dressing $15
- **Keto** leafy greens, spinach, roasted portobello, summer squash, red pepper, kalamata olive, feta, hard boiled egg, avocado, lemon olive oil dressing $16

add to any salad: all®

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

**VEGAN BOWLS**

- **Original Grain Bowl**
  quinoa®, turmeric roasted cauliflower, cherry tomato, avocado, pickled red onion, chickpeas, herb pesto®, lemon olive oil dressing $13

- **Harvest Grain Bowl**
  quinoa®, 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®, quinoa®, or fruit
- soup & side salad $13.50
  sub spinach, caesar, or squash $14
  sub mediterranean $15
- soup & gougeres $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

**Herb Scrambled Egg**
- 2 slices toast, jam & butter, w/ side of pico de gallo
- add choice of cheese... $1.50
- add sautéed 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**
- add dried fruit & honey... $1.50
- add honey & fresh berries... $3.50
- add granola... $3

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### 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**
- & 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... $5.50

**Side of all Natural Bacon**... $4

**Fruit Cup**... $4

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## Crepes

**Pesto Chicken**
- all natural roasted chicken, basil pesto, spinach, tomato, provolone cheese... $14.50

**Roasted Veggie**
- roasted portobello, summer squash, red pepper, artichoke pesto, goat cheese... $14.50

**Bistro Chicken**
- all natural roasted chicken, caramelized onion, spinach, goat cheese... $14.50

**Turkey or Ham**
- all natural turkey or ham, spinach, grain mustard, swiss cheese... $13.50

**Fresh Mozzarella**
- fresh mozzarella, tomato, spinach, basil pesto... $13.50

**Pork**
- all natural pork, pickle, chimichurri, swiss cheese... $14.50

**Ham & Egg**
- all natural ham, egg, swiss cheese... $13.50

**Sauteed Mushroom**
- sauteed mushroom & onion, spinach, egg, feta cheese... $14

**Nutella & Banana**... $9

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

**Dark Chocolate & Fresh Berries**... $9

**Cinnamon crepe au naturel**
- cinnamon sugar, maple syrup... $8

**Lemon crepe au naturel**
- lemon juice, granulated sugar... $7

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<th>Gluten Free</th>
<th>Contains Nuts</th>
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