



**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 ..... \$14.<sup>50</sup>
- Bistro Chicken** all natural roasted chicken, caramelized onion, spinach, goat cheese ..... \$14.<sup>50</sup>
- Pesto Chicken** all natural roasted chicken, basil pesto<sup>N</sup>, spinach, tomato, provolone cheese ..... \$14.<sup>50</sup>
- Tuna Salad** albacore tuna salad, cheddar cheese, tomato ..... \$14
- Fresh Mozzarella** fresh mozzarella, tomato, spinach, basil pesto<sup>N</sup> ..... \$13.<sup>50</sup>
- Smoked Turkey** all natural turkey, cheddar cheese, spinach, chipotle avocado aioli ..... \$13.<sup>50</sup>
- Black Forest Ham** all natural ham, swiss cheese, spinach, grain mustard ..... \$13.<sup>50</sup>
- Pork** all natural pork, pickle, chimichurri, swiss cheese ..... \$14.<sup>50</sup>
- BLT** all natural bacon, avocado, spinach, tomato, herb aioli ..... \$14
- Cheese** tomato, cheddar, swiss, provolone cheese ..... \$10
- PB&J** all natural peanut butter<sup>N</sup>, berry jam ..... \$9
- Nutella<sup>N</sup> Banana** ..... \$9

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

- Squash<sup>GF</sup>** ..... \$13.<sup>50</sup>  
 leafy greens, baby kale, roasted butternut squash,  
 pickled beet, goat cheese, pepita, tahini dressing
- Spinach<sup>GF</sup>** ..... \$12.<sup>50</sup>  
 apple, caramelized walnut<sup>N</sup>, dried cranberry,  
 goat cheese, lemon olive oil dressing
- Cobb<sup>GF</sup>** ..... \$16  
 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>** ..... \$15  
 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 \$6    •chicken \$4.<sup>50</sup>
- tuna salad \$4        •quinoa salad \$3
- avocado half \$2     •hard boiled egg \$1.<sup>50</sup>
- bacon \$3.<sup>50</sup>    •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** ..... \$13.<sup>50</sup>  
 sub spinach, caesar, or squash ..... \$14  
 sub mediterranean ..... \$15
- soup & gougere** ..... \$9.<sup>75</sup>

**SIDE SALADS** \*not gluten free

- greens** tomatoes & feta cheese ..... \$7
- mediterranean** ..... \$8.<sup>50</sup>
- spinach** ..... \$7
- squash** ..... \$7.<sup>50</sup>
- \*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.<sup>50</sup>  
 2 slices toast, jam & butter,  
 w/ side of pico de gallo  
 • add choice of cheese...\$1.<sup>50</sup>  
 • add sauteed mushroom & onion...\$2  
 • add spinach or tomato...\$1  
 • add all natural ham, bacon, or sausage...\$3.<sup>50</sup>  
 • sub egg whites...\$1.<sup>25</sup>

**Herb Scrambled Egg Panini** ..... \$9.<sup>50</sup>  
 herb scrambled eggs, swiss cheese, w/ side of  
 pico de gallo, choice of bread  
 • add all natural bacon, ham, or sausage...\$3.<sup>50</sup>  
 • sub egg whites...\$1.<sup>25</sup>  
 • add avocado...\$2

**Steel cut Oatmeal** <sup>GF</sup> ..... \$4.<sup>50</sup>  
 • add dried fruit & honey...\$1.<sup>50</sup>  
 • add honey & fresh berries ...\$3.<sup>50</sup>  
 • add granola<sup>N</sup> ...\$3

**Nest Egg** ..... \$9  
 sunny side egg nestled in toast w/  
 cheddar cheese, side of pico de gallo  
 • add all natural bacon or ham ...\$3.<sup>50</sup>

## 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...\$6  
 • add all natural bacon ...\$3.<sup>50</sup>  
 • add hard boiled egg...\$1.<sup>50</sup>  
 • add goat or feta cheese...\$1.<sup>50</sup>  
 • add tomato...\$1

**Smoked Salmon Toast** 1 slice multigrain,  
 cream cheese, everything bagel seasoning,  
 w/ pickled red onion on side .....\$9.<sup>50</sup>  
 • add all natural bacon...\$3.<sup>50</sup>  
 • add hard boiled egg...\$1.<sup>50</sup>  
 • add goat or feta cheese...\$1.<sup>50</sup>  
 • add tomato...\$1

**Breakfast Burrito**  
 scrambled egg, black bean, pico de gallo,  
 cheddar cheese, avocado cream ..... \$10.<sup>50</sup>  
 • add all natural sausage or bacon...\$3.<sup>50</sup>

**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 .....\$5  
 w/ all natural peanut butter<sup>N</sup> .....\$5.<sup>50</sup>

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

**Fruit Cup** ..... \$4

**Fruit Bowl** ..... \$7

## CREPES <sup>gluten free available + \$1</sup> <sup>savory served with a side of pico de gallo</sup>

**Pesto Chicken** ..... \$14.<sup>50</sup>  
 all natural roasted chicken, basil pesto<sup>N</sup>,  
 spinach, tomato, provolone cheese

**Roasted Veggie** .....\$14.<sup>50</sup>  
 roasted portobello, summer squash, red pepper,  
 artichoke pesto, goat cheese

**Bistro Chicken** .....\$14.<sup>50</sup>  
 all natural roasted chicken, caramelized onion,  
 spinach, goat cheese

**Turkey or Ham** .....\$13.<sup>50</sup>  
 all natural turkey or ham, spinach,  
 grain mustard, swiss cheese

**Fresh Mozzarella** .....\$13.<sup>50</sup>  
 fresh mozzarella, tomato, spinach, basil pesto<sup>N</sup>

**Pork** .....\$14.<sup>50</sup>  
 all natural pork, pickle, chimichurri,  
 swiss cheese

**Ham & Egg** .....\$13.<sup>50</sup>  
 all natural ham, egg, swiss cheese

**Sauteed Mushroom** .....\$14  
 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** ..... \$8  
 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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