



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 \$14.⁵⁰
- Bistro Chicken** all natural roasted chicken, caramelized onion, spinach, goat cheese \$14.⁵⁰
- Pesto Chicken** all natural roasted chicken, basil pesto^N, spinach, tomato, provolone cheese \$14.⁵⁰
- Tuna Salad** albacore tuna salad, cheddar cheese, tomato \$14
- Fresh Mozzarella** fresh mozzarella, tomato, spinach, basil pesto^N \$13.⁵⁰
- Smoked Turkey** all natural turkey, cheddar cheese, spinach, chipotle avocado aioli \$13.⁵⁰
- 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^N, berry jam \$9
- Nutella^N Banana** \$9

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

- Squash^{GF}** \$13.⁵⁰
 leafy greens, baby kale, roasted butternut squash,
 pickled beet, goat cheese, pepita, tahini dressing
- Spinach^{GF}** \$12.⁵⁰
 apple, caramelized walnut^N, dried cranberry,
 goat cheese, lemon olive oil dressing
- Cobb^{GF}** \$16
 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}** \$15
 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 \$6 •chicken \$4.⁵⁰
- tuna salad \$4 •quinoa salad \$3
- avocado half \$2 •hard boiled egg \$1.⁵⁰
- bacon \$3.⁵⁰ •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** \$13.⁵⁰
 sub spinach, caesar, or squash \$14
 sub mediterranean \$15
- soup & gougere** \$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 7AM – 12PM MONDAY–FRIDAY

gluten free bread available (1 slice .25¢ 2 slices .50¢)

8AM – 1PM SATURDAY & SUNDAY

Herb Scrambled Egg \$10.⁵⁰

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

- add choice of cheese...\$1.⁵⁰
- add sauteed mushroom & onion...\$2
- add spinach or tomato...\$1
- add all natural ham, bacon, or sausage...\$3.⁵⁰
- sub egg whites...\$1.²⁵

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...\$3.⁵⁰
- sub egg whites...\$1.²⁵
- add avocado...\$2

Steel cut Oatmeal ^{GF} \$4.⁵⁰

- add dried fruit & honey...\$1.⁵⁰
- add honey & fresh berries ...\$3.⁵⁰
- add granola^N ...\$3

Nest Egg \$9

sunny side egg nestled in toast w/
cheddar cheese, side of pico de gallo

- add all natural bacon or ham ...\$3.⁵⁰

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 N}
& 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^N\$5.⁵⁰

Side of all Natural Bacon \$4

Fruit Cup \$4

Fruit Bowl\$7

CREPES ^{gluten free available + \$1} ^{savory served with a side of pico de gallo}

Pesto Chicken \$14.⁵⁰
all natural roasted chicken, basil pesto^N,
spinach, tomato, provolone cheese

Roasted Veggie\$14.⁵⁰
roasted portobello, summer squash, red pepper,
artichoke pesto, goat cheese

Bistro Chicken\$14.⁵⁰
all natural roasted chicken, caramelized onion,
spinach, goat cheese

Turkey or Ham\$13.⁵⁰
all natural turkey or ham, spinach,
grain mustard, swiss cheese

Fresh Mozzarella\$13.⁵⁰
fresh mozzarella, tomato, spinach, basil pesto^N

Pork\$14.⁵⁰
all natural pork, pickle, chimichurri,
swiss cheese

Ham & Egg\$13.⁵⁰
all natural ham, egg, swiss cheese

Sauteed Mushroom\$14
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\$8
cinnamon sugar, maple syrup

Lemon crepe au natural.....\$7
lemon juice, granulated sugar

^{GF}Gluten Free ^NContains Nuts

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