



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
- Bistro Chicken** all natural roasted chicken, caramelized onion, spinach, goat cheese
- Pesto Chicken** all natural roasted chicken, basil pesto^N, spinach, tomato, provolone cheese
- Tuna Salad** albacore tuna salad, cheddar cheese, tomato
- Fresh Mozzarella** fresh mozzarella, tomato, spinach, basil pesto^N
- Smoked Turkey** all natural turkey, cheddar cheese, spinach, chipotle avocado aioli
- Black Forest Ham** all natural ham, swiss cheese, spinach, grain mustard
- BLT** all natural bacon, avocado, spinach, tomato, herb aioli
- Cheese** tomato, cheddar, swiss, provolone cheese
- PB&J** all natural peanut butter^N, berry jam
- Nutella^N Banana**

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

- Squash^{GF} Coming Soon!**
leafy greens, baby kale, roasted butternut squash, pickled beet, goat cheese, pepita, tahini dressing
- Spinach^{GF}**
apples, caramelized walnut^N, dried cranberry, goat cheese, lemon olive oil dressing
- Cobb^{GF}**
leafy greens, avocado, bacon, tomato, kalamata olive, hard boiled egg, feta cheese, lemon olive oil dressing
- Kale Caesar**
baby kale, leafy greens, hard boiled egg, parmesan cheese, w/ multigrain croutons, caesar dressing
- Mediterranean^{GF}**
leafy greens, roasted portobello, summer squash, red pepper, kalamata olive, feta cheese, lemon olive oil dressing
- Keto^{GF} no bread**
leafy greens, spinach, roasted portobello, summer squash, red pepper, kalamata olive, hard boiled egg, feta, lemon olive oil dressing

add to any salad: all^{GF}

- smoked salmon
- chicken
- tuna salad
- quinoa salad
- avocado half
- hard boiled egg
- bacon
- lentils
- chickpeas

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
- Harvest Grain Bowl^{GF} Coming Soon!**
quinoa^{GF}, roasted butternut squash, portobello, lentil, pickled beet, pepita, tahini dressing

SOUP

- bowl of soup**
w/ multigrain bread
- soup & 1/2 panini**
w/ chips^{GF}, quinoa^{GF}, or fruit
- soup & side salad**
sub spinach, caesar, or squash
sub mediterranean
- soup & gougere**

SIDE SALADS *not gluten free

- greens** tomatoes & feta cheese
- mediterranean**
- spinach**
- squash** *Coming Soon!*
- *kale caesar**

*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 Panini

- herb scrambled eggs, swiss cheese, w/ side of pico de gallo, choice of bread
- add all natural bacon, ham, or sausage
 - sub egg whites
 - add avocado

Steel cut Oatmeal ^{GF}

- add dried fruit & honey
- add honey & fresh berries
- add granola^N

Herb Scrambled Egg

- 2 slices toast, w/ side of pico de gallo, jam & butter
- add choice of cheese
- add sauteed mushroom & onion
- add spinach or tomato
- add all natural ham, bacon, or sausage

- sunny side egg nestled in toast w/ cheddar cheese, side of pico de gallo
- add all natural bacon or ham

ALL DAY BREAKFAST

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

- add smoked salmon
- add all natural bacon
- add hard boiled egg
- add goat or feta cheese
- add tomato

Smoked Salmon Toast

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

Breakfast Burrito

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

- add all natural sausage or bacon

Homemade Granola ^{GF} ^N

& fresh berries
w/ milk
w/ yogurt

Toast

2 slices of multigrain, Italian or gluten free w/ butter & homemade jam
w/ all natural peanut butter^N

Side of all Natural Bacon OR Sausage Links

Fruit Cup

Fruit Bowl

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

Pesto Chicken

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

Roasted Veggie

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

Bistro Chicken

all natural roasted chicken, caramelized onion, spinach, goat cheese

Turkey or Ham

all natural turkey or ham, spinach, grain mustard, swiss cheese

Fresh Mozzarella

fresh mozzarella, tomato, spinach, basil pesto^N

all natural ham, egg, swiss cheese

Sauteed Mushroom

sauteed mushroom & onion, spinach, egg, feta cheese

Nutella^N & Banana

Lemon Curd & Fresh Berries

Dark Chocolate & Fresh Berries

Cinnamon crepe au natural

cinnamon sugar, maple syrup

Lemon crepe au natural

lemon juice, granulated sugar

^{GF}Gluten Free ^NContains Nuts

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