## Paninis
Choice of multigrain, Italian, or gluten free bread
Choice of quinoa\(^G\), chips\(^G\), or fruit

<table>
<thead>
<tr>
<th>Panini</th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roasted Veggie</td>
<td>Roasted portobello, summer squash, red peppers, artichoke pesto, goat cheese</td>
<td>$14.50</td>
</tr>
<tr>
<td>Bistro Chicken</td>
<td>All natural roasted chicken, caramelized onion, spinach, goat cheese</td>
<td>$14.50</td>
</tr>
<tr>
<td>Pesto Chicken</td>
<td>All natural roasted chicken, basil pesto(^N), spinach, tomato, provolone cheese</td>
<td>$14.50</td>
</tr>
<tr>
<td>Tuna Salad</td>
<td>Albacore tuna salad, cheddar cheese, tomato</td>
<td>$14</td>
</tr>
<tr>
<td>Fresh Mozzarella</td>
<td>Fresh mozzarella, tomato, spinach, basil pesto(^N)</td>
<td>$13.50</td>
</tr>
<tr>
<td>Smoked Turkey</td>
<td>All natural turkey, cheddar cheese, spinach, chipotle avocado aioli</td>
<td>$13.50</td>
</tr>
<tr>
<td>Black Forest Ham</td>
<td>All natural ham, Swiss cheese, spinach, grain mustard</td>
<td>$13.50</td>
</tr>
<tr>
<td>BLT</td>
<td>All natural bacon, avocado, spinach, tomato, herb aioli</td>
<td>$14</td>
</tr>
<tr>
<td>Cheese</td>
<td>Tomato, cheddar, Swiss, provolone cheese</td>
<td>$10</td>
</tr>
<tr>
<td>PB&amp;J</td>
<td>All natural peanut butter(^N), berry jam</td>
<td>$9</td>
</tr>
<tr>
<td>Nutella(^N) Banana</td>
<td></td>
<td>$9</td>
</tr>
</tbody>
</table>

## Salads
Served with bread, gluten free available.
(1 slice: 25c; 2 slices: 50c)
Request no croutons for GF caesar salad

<table>
<thead>
<tr>
<th>Salad</th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Squash(^G)</td>
<td>Leafy greens, baby kale, roasted butternut squash, pickled beet, goat cheese, pepita, tahini dressing</td>
<td>$13.50</td>
</tr>
<tr>
<td>Spinach(^G)</td>
<td>Apples, caramelized walnut(^N), dried cranberry, goat cheese, lemon olive oil dressing</td>
<td>$12.50</td>
</tr>
<tr>
<td>Cobb(^G)</td>
<td>Leafy greens, avocado, bacon, tomato, kalamata olive, hard boiled egg, feta cheese, lemon olive oil dressing</td>
<td>$16</td>
</tr>
<tr>
<td>Kale Caesar</td>
<td>Baby kale, leafy greens, hard boiled egg, parmesan cheese, cherry tomato, w/ croutons, caesar dressing</td>
<td>$12.50</td>
</tr>
<tr>
<td>Mediterranean(^G)</td>
<td>Leafy greens, roasted portobello, summer squash, red pepper, kalamata olive, feta cheese, lemon olive oil dressing</td>
<td>$15</td>
</tr>
<tr>
<td>Keto(^G) no bread</td>
<td>Leafy greens, spinach, roasted portobello, summer squash, red pepper, kalamata olive, feta, hard boiled egg, avocado, lemon olive oil dressing</td>
<td>$16</td>
</tr>
</tbody>
</table>

## Vegan Bowls

<table>
<thead>
<tr>
<th>Bowl</th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Original Grain Bowl(^G)</td>
<td>Quinoa(^G), turmeric roasted cauliflower, cherry tomato, avocado, pickled red onion, chickpeas, herb pesto(^N), lemon olive oil dressing</td>
<td>$13</td>
</tr>
<tr>
<td>Harvest Grain Bowl(^G)</td>
<td>Quinoa(^G), roasted butternut squash, portobello, lentil, pickled beet, pepita, tahini dressing</td>
<td>$13</td>
</tr>
</tbody>
</table>

## Soup

<table>
<thead>
<tr>
<th>Soup</th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowl</td>
<td>W/ multigrain bread</td>
<td>$7</td>
</tr>
<tr>
<td>Soup &amp; 1/2 Panini</td>
<td>W/ chips(^G), quinoa(^G), or fruit</td>
<td>$varies</td>
</tr>
<tr>
<td>Soup &amp; Side Salad</td>
<td>Sub spinach, caesar, or squash</td>
<td>$13.50</td>
</tr>
<tr>
<td>Soup &amp; Mediterranean</td>
<td>Sub Mediterranean</td>
<td>$14</td>
</tr>
<tr>
<td>Soup &amp; Gougera</td>
<td></td>
<td>$9.75</td>
</tr>
</tbody>
</table>

## Side Salads
*Not gluten free*

<table>
<thead>
<tr>
<th>Salad</th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greens</td>
<td>Tomatoes &amp; feta cheese</td>
<td>$7</td>
</tr>
<tr>
<td>Mediterranean</td>
<td></td>
<td>$8.50</td>
</tr>
<tr>
<td>Spinach</td>
<td></td>
<td>$7</td>
</tr>
<tr>
<td>Squash</td>
<td></td>
<td>$7.50</td>
</tr>
<tr>
<td>Kale Caesar</td>
<td></td>
<td>$7</td>
</tr>
</tbody>
</table>

*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¢)**

- **Herb Scrambled Egg**  
  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  
  $10.50

- **Steel cut Oatmeal GF**  
  - add dried fruit & honey...$1.50  
  - add honey & fresh berries...$3.50  
  - add granola...$3  
  $4.50

- **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...$3.50  
  - sub egg whites...$1.25  
  - add avocado...$2  
  $9.50

- **Nest Egg**  
  sunny side egg nestled in toast w/ cheddar cheese, side of pico de gallo  
  - add all natural bacon or ham...$3.50  
  $9

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**ALL DAY BREAKFAST**

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

- **Smoked Salmon Toast** 1 slice multigrain, cream cheese, everything bagel seasoning, w/ pickled red onion on side  
  - add all natural bacon...$3.50  
  - add hard boiled egg...$1.50  
  - add goat or feta cheese...$1.50  
  - add tomato...$1  
  $9.50

- **Breakfast Burrito**  
  scrambled egg, black bean, pico de gallo, cheddar cheese, avocado cream  
  - add all natural sausage or bacon...$3.50  
  $10.50

- **Homemade Granola GFN**  
  & fresh berries  
  - w/ milk...$7.50  
  - w/ yogurt...$9

- **Dark Chocolate & Fresh Berries**  
  cinnamon sugar, maple syrup  
  $9

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**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  
  $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\(^N\)  
  $13.50

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

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

- **Nutella\(^N\) & Banana**  
  $9

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

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

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\(^G^F\)Gluten Free  \(^N\)Contains Nuts

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