



**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>
- 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>  
apples, 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¢)

**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** ..... \$3.<sup>50</sup>

**Fruit Cup** ..... \$3

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

## CREPES

gluten free available \$1  
savory served with a side of pico de gallo

**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>

**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

\*consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness