



panini

- choice of multigrain, Italian or Gluten Free bread
- choice of quinoa^{GF}, chips^{GF} or fruit^{GF}

turkey / all natural turkey, cheddar, spinach & chipotle avocado mayo	\$ 12
ham / all natural ham, swiss, spinach & grain mustard	\$ 12
pork / all natural pulled pork, swiss, pickles & chimichurri	\$ 13
chicken / all natural roasted chicken, carmelized onions, goat cheese & spinach	\$13.5
tuna / albacore tuna salad, cheddar & tomato	\$13
fresh mozzarella / tomato, fresh spinach & basil pesto ^N	\$12
roasted veggie / portobello, summer squash, red pepper, goat cheese & artichoke pesto	\$12.5
blt / all natural bacon, spinach, tomato, avocado & herb aioli	\$12.5
cheese / swiss, provolone, cheddar & tomato	\$ 8.5
pbj / natural peanut butter ^N & berry jam	\$ 8.5
nutella^N & banana	\$ 8.5

crepes

- served with side of pico de gallo

ham & egg / all natural ham, swiss & egg	\$11.5
fresh mozzarella / tomato, spinach & basil pesto ^N	\$12
turkey / all natural turkey, provolone, spinach & sundried tomato pesto ^N	\$11.5
sauteed mushrooms / spinach, feta & egg	\$11.5
roasted veggie / portobello, summer squash, red pepper, goat cheese & artichoke pesto	\$12.5
chicken / all natural roasted chicken, carmelized onions, spinach & goat cheese	\$12.5
pork / all natural pulled pork, swiss, pickles & chimichurri	\$12.5
ham / all natural ham, swiss, spinach & grain mustard	\$11.5

sweet crepes

nutella^N & banana	\$ 9
lemon curd & fresh berries	\$ 9
caramelized apples / pralines ^N , caramel, creme fraiche	\$ 9
dark chocolate & fresh berries	\$ 9
cinnamon crepe au naturel / cinnamon sugar & maple syrup	\$ 6
lemon crepe au naturel / lemon juice & sugar	\$ 6

salads

- Salads served w/multigrain bread, GF bread available *
- Salads are gluten free (^{GF}) without bread

Add to any salad (all ^{GF}): • chicken \$3.5 • tuna salad \$3.5 • quinoa \$2.75 • smoked salmon \$5 • hard boiled egg \$1.5	
mediterranean^{GF} / mixed greens, roasted portobello & squash, feta, kalamata olives, red peppers, lemon olive oil vinaigrette	\$13
spinach^{GF} / spinach, goat cheese, apple, carmelized walnuts ^N , dried cranberries, lemon olive oil vinaigrette	\$10
cobb^{GF} / mixed greens, egg, avocado, bacon, feta, tomato, kalamata olives, lemon olive oil vinaigrette	\$13.5
keto salad^{GF} / mixed greens & spinach, roasted portobello, summer squash & red pepper, kalamata olives, avocado, hard boiled egg, choice of feta or bacon, no bread	\$14

side salads^{GF}

- mixed greens - tomatoes & feta \$5
- mediterranean \$7
- spinach^N \$ 6

grain bowl^{GF} (vegan)

quinoa, turmeric roasted cauliflower, cherry tomatoes, avocado, pickled red onion, marinated chickpeas, herb pesto ^N	\$11
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soup

bowl of soup (with multigrain bread)	\$ 6
soup & 1/2 sandwich (with chips or quinoa)	(\$9-\$13)
soup & side salad (sub mediterranean \$12.5, spinach ^N \$11)	\$ 10.5
soup & gougere	\$ 8.75

breakfast

Served 7-11am M-F
8-12pm Saturday & Sunday

*Gluten Free bread available

nest egg / sunny egg nestled in toast* with cheddar, side of pico de gallo \$8.5
 • add ham \$2, or bacon \$3

herb scrambled eggs / 2 slices toast*, side of pico de gallo & jam \$9.5
 • add cheese (cheddar, swiss, provolone, feta, goat) \$1.5

• add sautéed mushrooms & onions \$2
 • add spinach or tomato 75¢
 • add ham \$2, bacon or sausage \$3

herb scrambled egg panini* / swiss cheese, side of pico de gallo \$9
 • add ham \$2 • bacon or sausage \$3
 • add avocado \$2

steel cut oatmeal^{GF} \$4.5
 • add honey & fresh berries \$2
 • add honey & dried fruit \$1.5
 • add granola^N \$2

side of all natural bacon^{GF} \$3.5

ITEMS BELOW SERVED ALL DAY!

avocado toast / one slice multigrain* - smashed avocado, sea salt, pink peppercorns, lemon \$6.5
 • add hard boiled egg \$1.5
 • add tomato 75¢
 • add goat or feta cheese \$1.5
 • add smoked salmon \$5
 • add bacon \$3

smoked salmon toast / one slice multigrain* - cream cheese, everything bagel seasoning, pickled red onion \$9

breakfast burrito / scrambled eggs, cheddar cheese, black beans, avocado cream, flour tortilla, side of pico de gallo \$10
 • add sausage or bacon \$3

housemade granola^N^{GF}
 with fresh berries
 • w/milk \$6.5
 • w/greek yogurt \$8.5

toast –
 2 slices / multigrain, Italian or Gluten Free bread
 • w/butter & homemade jam \$4.5
 • w/all natural peanut butter^N \$5

fruit cup^{GF} \$3

fruit bowl^{GF} \$6

^{GF} Gluten Free ^N Contains Nuts