



**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 ..... \$13.<sup>50</sup>
- Bistro Chicken* all natural roasted chicken, caramelized onion, spinach, goat cheese.....\$13.<sup>50</sup>
- Pesto Chicken* all natural roasted chicken, basil pesto<sup>N</sup>, spinach, tomato, provolone cheese .....\$13.<sup>50</sup>
- Tuna Salad* albacore tuna salad, cheddar cheese, tomato .....\$13.<sup>50</sup>
- Fresh Mozzarella* fresh mozzarella, tomato, spinach, basil pesto<sup>N</sup> .....\$13
- Smoked Turkey* all natural turkey, cheddar cheese, spinach, chipotle avocado aioli .....\$13
- Black Forest Ham* all natural ham, swiss cheese, spinach, grain mustard .....\$13
- BLT* all natural bacon, avocado, spinach, tomato, herb aioli .....\$13.<sup>50</sup>
- Cheese* tomato, cheddar, swiss, provolone cheese .....\$9
- PB&J* all natural peanut butter<sup>N</sup>, berry jam .....\$8.<sup>50</sup>
- Nutella<sup>N</sup> Banana* .....\$8.<sup>50</sup>

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

- Squash<sup>GF</sup>* .....\$14.<sup>50</sup>  
leafy greens, baby kale, roasted butternut squash, pickled beet, goat cheese, pepita, tahini dressing
- Spinach<sup>GF</sup>* .....\$12  
apples, caramelized walnut<sup>N</sup>, dried cranberry, goat cheese, lemon olive oil dressing
- Cobb<sup>GF</sup>* .....\$14.<sup>50</sup>  
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, w/ multigrain croutons, caesar dressing
- Mediterranean<sup>GF</sup>* .....\$14.<sup>50</sup>  
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, hard boiled egg, feta, lemon olive oil dressing

**add to any salad: all<sup>GF</sup>**

- smoked salmon \$5      •chicken \$4
- tuna salad \$3.<sup>50</sup>      •quinoa salad \$2.<sup>75</sup>
- avocado half \$2      •hard boiled egg \$1.<sup>50</sup>
- bacon \$3      •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* .....\$12.<sup>50</sup>  
sub spinach, caesar, or squash .....\$13.<sup>50</sup>  
sub mediterranean.....\$14.<sup>50</sup>
- soup & gougere* .....\$9.<sup>75</sup>

**SIDE SALADS** \*not gluten free

- greens* tomatoes & feta cheese.....\$6
- mediterranean* .....\$8
- spinach*.....\$7
- squash* .....\$7
- \*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 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
- sub egg whites...\$1.25
- add avocado...\$2

**Steel cut Oatmeal** <sup>GF</sup> .....\$4.50

- add dried fruit & honey...\$1.50
- add honey & fresh berries...\$3
- add granola<sup>N</sup>...\$2.50

**Herb Scrambled Egg**.....\$9.50

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

- add choice of cheese...\$1.50
- add sauteed mushroom & onion...\$2
- add spinach or tomato...\$.75¢
- add all natural ham, bacon, or sausage...\$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

## ALL DAY BREAKFAST

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

- add smoked salmon...\$5
- add all natural bacon...\$3
- add hard boiled egg...\$1.50
- add goat or feta cheese...\$1.50
- add tomato...\$.75¢

**Smoked Salmon Toast**  
1 slice multigrain, cream cheese, everything bagel seasoning, w/ pickled red onion on side .....\$9.50

**Breakfast Burrito**  
scrambled egg, black bean, pico de gallo, cheddar cheese, avocado cream .....\$10.50

- add all natural sausage or bacon...\$3

**Homemade Granola** <sup>GF N</sup>  
& fresh berries  
w/ milk.....\$7.50  
w/ yogurt.....\$9

**Toast**  
2 slices of multigrain, Italian or gluten free  
w/ butter & homemade jam .....\$4.50  
w/ all natural peanut butter<sup>N</sup> .....\$5

**Side of all Natural Bacon** .....\$3.50

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

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

## CREPES

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

**Pesto Chicken** .....\$13.50  
all natural roasted chicken, basil pesto<sup>N</sup>, spinach, tomato, provolone cheese

**Roasted Veggie** .....\$13.50  
roasted portobello, summer squash, red pepper, artichoke pesto, goat cheese

**Bistro Chicken** .....\$13.50  
all natural roasted chicken, caramelized onion, spinach, goat cheese

**Turkey or Ham** .....\$13  
all natural turkey or ham, spinach, grain mustard, swiss cheese

**Fresh Mozzarella** .....\$13  
fresh mozzarella, tomato, spinach, basil pesto<sup>N</sup>

**Ham & Egg** .....\$13  
all natural ham, egg, swiss cheese

**Sauteed Mushroom** .....\$13.50  
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** .....\$7  
cinnamon sugar, maple syrup

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

<sup>GF</sup>Gluten Free <sup>N</sup>Contains Nuts

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