

BREAKFAST

Served Until
11:00am

Grab 'n' Go Cups

Oatmeal — \$5.50

Hot Oats, Berry Compote, Granola & Milk

Yogurt Parfait — \$5.50

Plain Yogurt, Berry Compote & Granola

Chia Pudding — \$6.00

Chia Seeds, Coconut Milk, Splenda®, Vanilla & Dried Tropical Fruit

Overnight Oats — \$6.50

Oats, Yogurt, Milk, Maple Syrup, Cinnamon Served Chilled with Granola

Eggs & Bagels

Bagel & Cream Cheese — \$4.00

Choice of Bagel Toasted With 2oz. of Cream Cheese*: Sweet, Savory or Plain (*substitute Vegan Cream Cheese \$1.50)

Egg & Cheese Sandwich — \$9.00

Choice of Bagel or Croissant, Fried Goopy Egg, Cheddar Cheese, Tomato, House Aioli & Greens

Sec Sandwich — \$11.00

Choice of Bagel or Croissant, Sausage Patty, Fried Goopy Egg, White Cheddar, Apricot Marmalade & Spinach

BEC Sandwich — \$11.00

Choice of Bagel or Croissant, Crumbled Bacon, Fried Goopy Egg, Cheddar Cheese, Maple Glaze & Greens

HEC Sandwich — \$11.00

Choice of Bagel or Croissant, Sliced Ham, Fried Goopy Egg, Cream Cheese, Jalapeno Jelly & Greens

LOX Everything Bagel — \$14.00

Toasted Everything Bagel, Plain Cream Cheese, Smoked Salmon, Lemon Zest, Capers, Pickled Onions, Greens

Sausage Burrito — \$13.00

Flour Tortilla, Thyme-Infused Sausage, Seasoned Hash Browns, 2 Scrambled Eggs, Cheddar Cheese, Served with a Side of Salsa

Toast GF Substitute for \$1.50

Cali Toast — \$8.00

White Toast, Mashed Avocado, Mixed Greens, Sliced Tomato, Red Pepper, Salt & Pepper

Medi Toast — \$8.00

White Toast, Hummus, Sliced Tomato, Pickled Onion, Feta & Red Pepper

Salt & Pepper — \$6.00

White Toast, Olive Oil, Sliced Tomato, Salt & Pepper

PB&J — \$7.50

White Toast, Peanut Butter, Apricot Jam, Hemp Hearts, Agave Drizzle & Sea Salt

Brie & Apple — \$7.50

White Toast, Brie, Sliced Apples, Honey Drizzle & Cinnamon

NuttyMallow — \$7.50

White Toast, Nutella, Bananas, Mini Marshmallows & Chocolate Drizzle

LUNCH

All sandwiches served with your choice of baby carrots, dill pickles or chips

Bowls, Salads & Sandwiches GF Substitute for \$1.50

Quinoa Bowl — \$11.00

Quinoa, Sun Dried Tomatoes, Greek Olives, Mashed Avocado, Hummus, Feta & Vinaigrette

The Western Salad — \$13.50

Mixed Greens, Cubed Chicken Breast, Black Beans, Corn, Mashed Avocado, Black Olives, Tomato, Tortilla Crisps, Cilantro & Lime Ranch

Berry & Apple Salad — \$11.00

Mixed Greens, Apples, Blueberries, Mixed Nut Muesli & Feta Tossed in Our House Vinaigrette

Grown Up Grilled Cheese — \$10.00

White Toast, Muenster Cheese, Sliced Tomato, Spinach, Pesto & Mustard

Chicken Salad Sandwich — \$14.00

White Toast, Zesty Chicken Salad, Sliced Tomato, Pickled Onions, & Greens

Hammy Sammy — \$12.50

White Toast, Slice Ham, Cheddar Cheese, Tomato, Greens, Mustard & Mayo

Shareables

Pretzels — \$10.50

2 Soft Pretzels Served with Yellow & Spicy Dipping Mustards

Hummus Plate — \$11.00

Hummus, Warmed Pita Bread, Baby Carrots & Celery

Taquito Dippers (GF) — \$14.00

Beef Taquito Dippers Served with a Side of Sour Cream & Salsa

Chicken Strips — \$15.00

Breaded Chicken Breast Strips Served with 2 Dipping Sauces of Your Choice

Cheese Platter — \$19.00

Assorted Gourmet Cheeses, Dried Meats, Olives, Mixed Nuts & Crackers (Substitute meat for fresh berries when available)

 House favorites or signatures