

GRAB 'n' GO

Oatmeal — \$6.50

Hot Oats, Berry Compote, Granola & Milk

Yogurt Parfait — \$6.50

Plain Yogurt, Berry Compote & Granola

Chia Pudding (GF) (V) — \$6.00

Chia Seeds, Coconut Milk, Sugar, Vanilla & Dried Tropical Fruit

Overnight Oats — \$6.50

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

Frittata — \$7.50

Meat, Egg and Cheese Pie Served with
a Side of Salsa

SEC English Muffin — \$8.50

Sausage Patty, Fried Egg & White American
Cheese on an English Muffin, Served Hot

BREAKFAST

Bagel & Cream Cheese — \$4.50

Choice of Bagel Toasted With 2oz. of Cream
Cheese: Sweet, Savory or Plain

(Substitute Vegan Cream Cheese \$1.50)

Egg & Cheese Sandwich — \$10.00

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

SEC Sandwich — \$11.50

Choice of Bagel or Croissant, Sausage Patty,
Fried Runny Egg, Cheddar Cheese, Mixed
Greens & House Aioli

BEC Sandwich — \$11.50

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

Sausage Burrito — \$13.50

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

LUNCH

Cali Toast (V) — \$10.00

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

Pretzels (V) — \$10.50

2 Soft Pretzels Served with Yellow & Spicy
Dipping Mustards

Taquito Dippers (GF) — \$10.00

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

Chicken Strips — \$11.00

Breaded Chicken Breast Strips Served with
Housemade Spicy Chipotle Sauce

Chicken Salad Sandwich — \$14.00

White Toast,* Zesty Chicken Salad, Sliced
Tomato, Pickled Onions, & Mixed Greens, Served
with a bag of chips

Ham & Cheese Croissant — \$10.50

Toasted Croissant, Sliced Ham & Melty Cheese,
Served with a bag of chips

Turkey & Pesto — \$13.00

Warmed Ciabatta Roll with Pesto, Sliced Turkey,
Melty Cheese, Tomato & Mixed Greens

The LOX — \$14.00


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

*GF Substitute for \$1.50

BEVERAGES

OUR COFFEE IS
ROASTED IN HOUSE

Coffee (Iced or Hot)

Drip Coffee	\$3.00 (12oz)	\$3.50 (16oz)
Americano	\$3.25 (12oz)	\$4.25 (16oz)
Latte	\$4.50 (12oz)	\$5.50 (16oz)
 House White Espresso Latte	\$5.00 (12oz)	\$6.00 (16oz)
Flavored Latte	\$5.00 (12oz)	\$6.00 (16oz)
Cold Brew (add cold foam for \$1.00)	\$4.75 (12oz)	\$5.25 (16oz)
Cortado (only served hot)		\$3.75 (4oz)
Flat White (only served hot)		\$4.00 (6oz)
Cappuccino (only served hot)		\$4.00 (6oz)


Syrup Options

Vanilla, Chocolate, Caramel, Lavender, Hazelnut, Coconut, Strawberry, Butterscotch, Pistachio, White Chocolate, Simple Syrup, Honey, Creme Brulee, Orange Cardamom


Modifiers

Add Flavor: \$.50 • Add Oat or Almond Milk: \$.60-\$1.00 • Add 1 Shot: \$.50 • Add 2 Shots: \$1.00

Not Coffee

Hot Chocolate — Chocolate Syrup, Milk & Whipped Cream	\$3.50 (12oz)	\$4.00 (16oz)
 Lemonade — Regular, Lavender, Strawberry Basil	\$3.75 (12oz)	\$4.25 (16oz)
Bull Juice — OJ, Raspberry & Peach Syrup, Redbull & Ice		\$5.50 (16oz)

Tea (Iced or Hot)

 Matcha — Matcha Powder, Pistachio or Strawberry Syrup, Milk	\$5.75 (12oz)	\$6.50 (16oz)
Chai — Rimini Powdered Chai & Milk	\$6.00 (12oz)	\$6.50 (16oz)
London Fog — Earl Gray Tea, Lavender Syrup & Milk	\$4.00 (12oz)	\$4.50 (16oz)
Iced Tea — Black, Green or Berry	\$3.50 (12oz)	\$4.00 (16oz)
Assorted Hot Tea Bags (per tea bag)		\$2.50

 House favorites