

## GRAB 'n' GO

### **Oatmeal — \$6.50**

Hot Oats, Berry Compote, Granola & Milk

### **Yogurt Parfait — \$6.50**

Plain Yogurt, Berry Compote & Granola

### **Piña Colada Chia Pudding — \$6.00**

**(GF) (V)** Chia Seeds, Coconut Milk, Pineapple Syrup & Shredded Coconut

### **Overnight Oats — \$6.50**

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

### **Frittata — \$7.50**

**(GF)** Egg Pie with Breakfast Meat, Potatoes, Feta & Cheddar Cheese, Served with a Side of Salsa

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## 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 — \$10.50**

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, Mixed Greens & Maple Glaze

### **Sausage Burrito — \$13.50**

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

\*GF Substitute for \$1.50

## LUNCH

### **Monkey Toast — \$8.50**

**(V)** Sourdough Toast,\* Peanut Butter, Sliced Banana, Agave Drizzle & Cinnamon

### **Salt & Pepper Toast — \$9.00**

Sourdough Toast,\* Pesto, Sliced Tomato, Salt & Pepper

### **Cali Toast — \$10.00**

**(V)** Sourdough Toast,\* Mashed Avocado, Mixed Greens, Sliced Tomato, Red Pepper, Salt & Pepper

### **Pretzels — \$10.50**

**(V)** 2 Soft Pretzels Served with Yellow & Spicy Dipping Mustards

### **Taquitos — \$10.00**

**(GF)** 7 Beef Taquitos, Served with a Side of Sour Cream & Salsa

### **Chicken Strips — \$11.00**

6 Breaded Chicken Breast Strips Served with Housemade Spicy Chipotle Sauce

### **Ham Cold Cut Sandwich — \$12.50**

White Toast,\* Sliced Ham, Colby Jack Cheese, Tomato, Mixed Greens, Mustard & Mayo Packets, Served with a Bag of Chips

### **Chicken Salad Sandwich — \$14.00**

White Toast,\* Zesty Chicken Salad, Sliced Tomato, Pickled Onions, & Mixed Greens, Served with a Bag of Chips

### **Turkey & Pesto Sandwich — \$13.00**

Croissant\* with Pesto, Sliced Turkey, Cheese, Tomato & Mixed Greens, Served with a Bag of Chips

### **The LOX — \$14.00**

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

### **Medi Salad — \$13.00**

**(GF)** Mixed Greens, Toasted Chickpeas, Mashed Avocado, Cucumber, Tomatoes, Kalamata Olives, Pickled Onions, Feta, Served with a Side of Creamy Mediterranean Vinaigrette

### **A Berry Good Salad — \$13.00**


Mixed Greens, Berries, Goat Cheese, Toasted Almond Muesli, Served with a Side of Balsamic Vinaigrette



# 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