

BREAKFAST

Hot Oats — \$7.00

Oats, Berry Compote, Granola & Milk

French Toast Sticks — \$10.00

5 Battered Bread Sticks Served with Maple Syrup & Whipped Cream

Waffles & Cream — \$12.50

2 Waffles Served with Nutella, Maple Syrup & Whipped Cream

Breakfast Burrito — \$14.00

Eggs, Seasoned Hash Browns, Cheese & Sausage Wrapped in a Flour Tortilla

Bagel & Cream Cheese — \$4.00

Choice of Bagel Toasted with 2oz. of Cream Cheese ([Substitute Vegan Cream Cheese \\$2.00](#))

Frittata — \$8.00

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

BEC Sandwich — \$8.50

Fried Egg, Cheese, Mixed Greens & Bacon, Served on a Toasted English Muffin

SEC Sandwich — \$8.50

Fried Egg, Cheese, Mixed Greens & Sausage Patty, Served on a Toasted English Muffin

The Gluten Free — \$10.00

Fried Egg, Pepper Jack Cheese, Mixed Greens & Sausage Patty, Served on a Gluten Free Bun

Egg & Cheese — \$7.50

Fried Egg, Cheese, Tomato & Mixed Greens on a Toasted Plain Bagel

LUNCH

Ham & Cheese Croissant — \$10.00

Toasted Croissant, Sliced Ham & Melty Cheddar Cheese, Served with Chips

Turkey & Pesto Ciabatta — \$11.00

Sliced Turkey, Cheese, & Pesto Hot Pressed on a Ciabatta Bun, Served with Chips

Italian Ciabatta — \$11.00

Sliced Pepperoni, Cheese, Sun Dried Tomatoes, & Balsamic Glaze, Hot Pressed on a Ciabatta Bun, Served With Chips

Deconstructed LOX — \$14.00

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

Taquitos (GF) — \$10.00

6 Fried Tortillas Filled with Seasoned Meat, Served with Sour Cream & Salsa

Chicken Strips — \$12.00

Breaded Chicken Breast Strips, Served with Ketchup & Ranch Dressing

Pretzel — \$6.50

1 Salted Soft Pretzel, Served with Mustard

Baked Brie — \$12.00

Honey Baked Brie with Rosemary, Served Alongside a Warmed Baguette

Deconstructed

Chicken Salad — \$14.00

Zesty Chicken Salad, Pickled Onions, Mixed Greens, Sliced Tomato on a Toasted Croissant, Served with Chips

Sandwiches served with a bag of chips

BREAKFAST

Waffles & Cream \$11.50

Two Waffles Served with Maple Syrup & Whipped Cream

French Toast \$10.50

Two Egg-Battered Slices of Cinnamon White Toast, Served with Maple Syrup & Whipped Cream

Breakfast Burrito \$14.00

Eggs, Seasoned Hash Browns, Cheese & Sausage, Wrapped in a Flour Tortilla, Served with Salsa

Bagel & Cream Cheese \$4.00

Choice of Bagel Toasted with 2oz. of Cream Cheese (*Substitute Vegan Cream Cheese \$2.00*)

Frittata \$8.00

Meat, Egg & Cheese Pie, Served with Salsa

Hot Oats \$7.00

Oats, Berry Compote, Granola & Milk

BEC Sandwich \$8.50

Fried Egg, Cheese, Mixed Greens & Bacon, Served on a Toasted English Muffin

Egg & Cheese Sandwich \$7.50

Fried Egg, Cheese, Tomato & Mixed Greens, Served on a Toasted Plain Bagel

The Gluten Free \$10.00

Fried Egg, Pepper Jack Cheese & Sausage, Served on Gluten-Free Bread

Deconstructed Lox \$14.00

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

Yogurt Parfait \$6.50

Plain Yogurt, Berry Compote & Granola

Chia Pudding \$6.00

Chia Seeds, Coconut Milk, Pineapple Syrup & Coconut

Overnight Oats \$6.50

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