

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

.....

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