

BREAKFAST ALL DAY

Toasted Bagel 2.25

plain or works, sub gf bagel +1, add cream cheese 1, add plant based cream cheese 1.50

Breakfast Sandwich on Grain English Muffin (GF+1)

egg, cheese, basil pesto sauce 5

egg, bacon, cheese, basil pesto sauce 6

egg, sausage, cheese, basil pesto sauce 7

Breakfast Wraps or Bowls *in a whole grain wrap or in a bowl-gf, paleo, keto (sub gf wrap 1)*

The Pesto: eggs, cheddar, greens, roasted red pepper, basil pesto sauce 7

The Verde: eggs, cheddar, creamy cashew cilantro verde sauce, scallion, black bean, green chili, corn, red pepper, salsa fresca 8

The Plant Based: sub plant based “Just Egg” scramble and plant based cheddar for either wrap or bowl +2

Additions: sausage 2.50 patty, bacon 1.50 pc, avocado 2, dairy free cheddar 2

sour cream 1, plant based sour cream 1.50 salsa fresca 1, mini salad 1.50

Quiche french style traditional or gluten free crust 7

Crustless Quiche 5 (see case)

Granola with milk cup 5 bowl 8

Granola Parfait with Greek yogurt & berries 7

Fruit Cup seasonal fruit cup 5 bowl 8

LUNCH 11:00a til close

served with chips (or sub a mini side salad 1.50) -
all salads/sauces egg and dairy free

WRAPS or BOWLS

tucked in a whole grain wrap or in a bowl over organic greens

choose: organic chickpea or pulled roasted chicken

Thai Peanut Salad: peanut lime sauce, cilantro, scallion, shallot, green bean, carrot, red pepper, peanuts, celery, organic greens 9

Curry Salad: yellow Indian curry, egg free mayo, shallot, scallion, cilantro, parsley, golden raisin, apple, lime, organic greens 8

Poblano Salad: creamy cashew cilantro verde sauce, scallion, black bean, green chili, sweet corn, salsa fresca, organic greens 9 (add avocado 2)

Tuscan Pesto Salad: lemon-caper basil pesto, red bell pepper, capers, sundried tomato, shallot, organic greens 9

Harissa Cauliflower Salad: harissa sauce, carrot, red pepper, blanched cauliflower, scallion, currants, organic greens 8

Soup & Chili cup 5 bowl 8 gluten free cornbread 1

Quiche & Salad select from case with a mini organic greens salad 8.50

Kids

cup of scrambled cheesy eggs 4 PB&J 4

cup of plain pulled chicken 5