

BREAKFAST

BREAKFAST SANDWICHES

(til 11 m-f, 12 sat-sun)

Veggie & Goat Sandwich

Scrambled eggs, spinach, tomato, honey mustard, basil, goat cheese on super sprout wheat. \$8.25

Farmhouse Sandwich

Scrambled eggs, sausage, spinach, cheddar, apple butter mustard on focaccia. \$8.25

Ciabatta Bblt Sandwich

Scrambled eggs, bacon, monterey jack, lettuce, tomato, pickled red onion, fire roasted tomato sauce on ciabatta. \$8.25

Hawaiian Sandwich

Ham, bacon, swiss, avocado, paprika aioli on hawaiian bun. \$7.99

Breakfast Torta

Scrambled eggs, monterey jack, local HNG chorizo, pico de gallo, avocado, jalapeno goat cheese dressing on ciabatta. \$8.49

FRESH BAKED PASTRIES

Scones Croissants Cinnamon Rolls

Sticky Buns Muffins Danishes & MORE!

We use all natural deli meats
and sausage,
antibiotic/hormone free
chicken and cage free eggs!



CHEDDAR SCALLION BISCUITS

(til 11 m-f, 12 sat-sun)

Substitute bagel +.49, croissant +.49
add avocado +1.99

Sausage, Egg & Cheese \$5.75

Bacon, Egg & Cheese \$5.99

Egg & Cheese \$5.25

Veggie- Spinach, cheddar, tom, red onion. \$4.99

Ham, Egg & Cheese \$5.99

BAGELS & TOAST (all day)

Bagel

Plain, sesame or everything \$2.49
Add: Cream cheese +.75 Butter + .50
Local mix berry jam +.75

Garden Bagel

Garlic herb cream cheese, spinach, cucumbers,
sprouts, red onion on everything bagel. \$4.99

Avocado + Lime Salt Toast

Thick sliced sourdough, avocado, lime salt,
alfalfa sprouts, cucumber. \$5.99

Goat + Avocado Toast

Avocado, local goat cheese, pickled red onion,
himalayan pink salt, super sprout wheat. \$6.49

QUICHE (all day)

Roasted red pepper, kale and cheddar with
potato crust. \$5.25 add salad +\$3.49

COFFEE



COFFEE & TEA

Drip Coffee 12 oz. \$2.35/ 16 oz. \$2.60

Cold Brew 12 oz. \$2.99/ 16 oz. \$3.49

Hot Tea 16 oz. \$2.25

Iced Tea 16 oz. \$1.85

Raspberry Iced Tea 16 oz. \$1.99

Chai Latte 12 oz. \$3.99/ 16 oz. \$4.49

Matcha (hot or iced) 12 oz. \$3.99/ 16 oz. \$4.49

ESPRESSO

Americano 12 oz. \$2.75/ 16 oz. \$2.99

Cappuccino 12 oz. \$3.99/ 16 oz. \$4.49

Cortado 4 oz. \$3.49

Espresso 2 shots \$2.75

Latte 12 oz. \$3.99/ 16 oz. \$4.49

Mocha 12 oz \$4.49/ 16 oz \$4.99

SPECIALTY

Chai Charger 12 oz. \$4.49/ 16 oz. \$4.99

Café au lait 12 oz. \$2.99/ 16 oz. \$3.25

Hot Chocolate 12 oz. \$2.99/ 16 oz. \$3.49

Mexican Hot Chocolate 12 oz. \$3.25/ \$3.75

EXTRAS

Shot of espresso .60

Dairy alternative milk .50

Whipped Cream .50

Flavored Syrup .65 * = Sugar free available

(Vanilla*, Caramel*, Hazelnut*, Cinnamon,
Honey Lavender, Peppermint, Butter Pecan)

LUNCH



CLASSIC SANDWICHES

Includes potato chips, substitute a side for an additional charge.

Turkey Day Turkey Sandwich

Turkey, swiss, cranberry relish, mayo, lettuce, red onion on french sandwich bread. \$9.49

Classic Club Sandwich

Turkey, ham cheddar, bacon, lettuce, tomato, red onion, mayo on french sandwich bread. \$9.49

TAB Sandwich

Turkey, avocado, bacon with basil mayo on ciabatta. \$9.49

BLT Sandwich

On toasted french bread with mayo. \$8.99
Sub veggie bacon +.50, add avocado + 1.99

Grilled Cheese Sandwich (V)

Cheddar, monterey jack, swiss and tomato grilled on sourdough. \$9.25
add bacon + 1.99

Avo Melt Sandwich (V)

Avocado, local goat cheese, tomato, spinach, basil grilled on multigrain. \$9.49

SPECIALTY SANDWICHES

Includes potato chips, substitute a side for an additional charge.

Avogoddess Sandwich (V)

Avocado, mozzarella, tomato, cucumber, lettuce, green goddess sauce on multigrain. \$9.49

Pastrami Reuben Sandwich

Pastrami, swiss, sauerkraut, 1000 island on jewish rye. \$9.75

Turkey Rachel Sandwich

Turkey, swiss, 1000 island, slaw on jewish rye. \$9.49

Southwest Turkey Melt Sandwich

Turkey, bacon, monterey jack, paprika aioli, tomato, spinach, red onion and green chilies on french sandwich bread. \$9.75

Chicken Salad Sandwich

With cranberries and almonds. Topped with mixed greens & tomato on multigrain. \$8.75

(V) = vegetarian

We use all natural deli meats and sausage, antibiotic/hormone free chicken and cage free eggs!

SOUP & SALAD

Stuffed Avocado Salad

Avocado, cranberry almond chicken salad, mixed greens & jalapeno goat cheese dressing. \$9.25

Soup of the day

8 oz cup \$3.49, 12 oz. bowl \$4.49

SIDES

Potato Salad 4 oz. \$2.49

Slaw 4 oz. \$2.49

Potato Chips \$1.49

Side Salad \$3.49

Everyday Lunch Combo

½ Sandwich* with cup of soup or one side
\$7.99 (*club not available)

KIDS MENU

Deli Sandwich

Choice of ham or turkey with cheddar or monterey jack cheese on french sandwich bread. Includes potato chips. \$4.49

Grilled Cheese Sandwich

Cheddar cheese on french sandwich bread. Includes potato chips. \$4.49