

BREAKFAST

BREAKFAST SANDWICHES

(til 11 m-f, 12 sat)

Veggie & Goat Sandwich

Scrambled eggs, spinach, tomato, goat cheese
on super sprout wheat. \$8.49

Farmhouse Sandwich

Scrambled eggs, sausage, spinach, cheddar,
apple butter mustard on focaccia. \$9.25

Breakfast Torta

Scrambled eggs, monterey jack, chorizo, pico
de gallo, avocado, jalapeno goat cheese
dressing on ciabatta. \$8.99

Ciabatta BBLT Sandwich

Scrambled eggs, bacon/veg bacon, monterey
jack, lettuce, tomato, pickled red onion, fire
roasted tomato sauce on ciabatta. \$8.99

Hawaiian Sandwich

Ham, bacon, swiss, avocado, paprika aioli on
hawaiian bun. \$8.49

FRESH BAKED PASTRIES

Scones Croissants Cinnamon Rolls

Sticky Buns Muffins Danishes

& MORE!



CHEDDAR SCALLION BISCUITS

(served until 11 AM Mon-Fri, 12 PM Sat)

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

Sausage, Egg & Cheese \$6.25

Bacon, Egg & Cheese \$6.25

Egg & Cheese \$5.75

Veggie- Spinach, cheddar, tom, red onion. \$5.49

Ham, Egg & Cheese \$6.25

BAGELS & TOAST (all day)

Bagel

Plain, sesame or everything \$2.49
Add: Cream cheese +.75, (plain or garlic herb)
Butter + .50 Local mixed berry jam +.75

Garden Bagel

Garlic herb cream cheese, spinach, cucumbers,
sprouts, red onion on everything bagel. \$5.65

Avocado + Lime Salt Toast

Thick sliced sourdough, avocado, lime salt,
alfalfa sprouts, cucumber. \$6.45

Goat + Avocado Toast

Avocado, goat cheese, pickled red onion,
himalayan pink salt, super sprout wheat. \$6.65

QUICHE (all day)

Broccoli and cheddar with potato crust. \$6.25
add salad +\$3.99

COFFEE

COFFEE & TEA

Drip Coffee

Cold Brew

Hot Tea 16 oz.

Iced Tea 16 oz.

Chai Latte

Matcha (hot or iced)

ESPRESSO

Americano

Cappuccino

Cortado 4 oz

Espresso 2 shots

Latte

Mocha

SPECIALTY

Chai Charger

Hot Chocolate

Mexican Hot Chocolate



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

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. \$10.55

Classic Club Sandwich

Turkey, ham, cheddar, bacon, lettuce, tomato, red onion, mayo on french sandwich bread. \$11.25

TAB Sandwich

Turkey, avocado, bacon with basil mayo on ciabatta. \$10.95

BLT Sandwich

On toasted french bread with mayo. \$10.25
Sub veggie bacon \$0, add avocado + 1.99

Grilled Cheese Sandwich (V)

Cheddar, monterey jack, swiss and tomato grilled on sourdough. \$9.95
add bacon + 1.99

Avo Melt Sandwich (V)

Avocado, goat cheese, tomato, spinach, grilled on multigrain. \$10.75

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

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. \$10.49

Pastrami Reuben Sandwich

Pastrami, swiss, sauerkraut, 1000 island grilled on jewish rye. \$11.49

Turkey Rachel Sandwich

All natural turkey, swiss, thousand island, slaw grilled on jewish rye. \$10.55

Southwest Turkey Melt Sandwich

Turkey, bacon, monterey jack, paprika aioli, tomato, spinach, red onion and green chilies grilled on french sandwich bread. \$10.95

Chicken Salad Sandwich

With cranberries and almonds. Topped with lettuce & tomato on multigrain. \$9.95

Everyday Lunch Combo

½ sandwich* with one side

\$8.49

(*club not available)

SALAD

Stuffed Avocado Salad

Avocado, cranberry almond chicken salad, lettuce, sprouts & jalapeno goat cheese dressing. \$12.49

SOUP of the DAY

Served with side of bread

8 oz Cup \$3.99

12 oz Bowl \$4.99

SIDES

Potato Salad \$2.49

Slaw \$2.49

Potato Chips \$1.75

Side Salad \$3.99

(Balsamic Vin, Ranch, Jalapeno Goat Cheese)

KIDS MENU

Deli Sandwich

Choice of ham or turkey with cheddar or monterey jack cheese on french sandwich bread. Includes potato chips. \$5.75

Grilled Cheese Sandwich

Cheddar cheese on french sandwich bread. Includes potato chips. \$5.75