

cups & bowls

oat bowl	5.25
oats, fruit, pure maple syrup super food toppings (gf)(v) ask for gluten free	
yogurt parfait	5.50
yogurt layered with granola, fruit, honey, super food toppings (gf)	
chia cup	6.50
chia pudding, granola, fruit, pure maple syrup super food toppings (gf) (v) ask for vegan	
acai cup or bowl	7.50 9
acai blend, granola, fruit, honey or agave drizzle super food toppings (gf)(v) ask for vegan	

burritos

hearty burrito	6
egg, italian sausage, potato, real cheese blend tortilla grilled in panini with salsa & sour cream on side	
healthy burrito	6.25
egg, spinach, red pepper, red onion, light cheese tortilla grilled in panini with salsa & sour cream on side	
ultra burrito	7.25
bacon, egg, cheese blend, potato, sausage, red onion, red pepper spinach, tortilla grilled in panini with salsa & sour cream on side	

breakfast

classic breakfast sandwich	5
egg, pork sausage, real cheddar english muffin (gluten free +1)	
healthy breakfast sandwich	5.50
egg, cheese, spinach, red onion, red pepper & choice sauce on toasted english muffin	
eggwich	6.50
eggs, bacon or pork sausage (add both +1) spinach, red onion, red pepper, cheddar cheese choice sauce in grilled panini (gf)(k)	

bagels

bagel w/cream cheese	3.25
asiago, cheddar, everything (v), jalapeno cheddar plain (v), pretzel (v) & sesame	
breakfast bagel	6.50
bacon, egg, cheddar on toasted bagel with cream cheese	
Italian breakfast bagel	7
egg, spinach, tomato, on toasted asiago bagel with chive & onion cream cheese	
vegan bagel	6.50
lettuce, tomato, red onion, red pepper & choice sauce on toasted bagel (v) add tempeh +1.50	
blt cheese bagel	7.75
bacon, cheddar, lettuce, tomato on toasted cheese bagel with cream cheese	
smoked salmon bagel	8
local smoked salmon cream cheese, lettuce, tomato red onion, capers on toasted sesame bagel	
ultra bagel	8.50
deli turkey, bacon, cheddar, lettuce, tomato, red pepper red onion on toasted everything bagel with cream cheese	

wraps

hearty salad wrap	8.25
turkey, cheese, lettuce mix, carrot, cream cheese & choice sauce in a garlic wrap	
vegan salad wrap	8.75
tempeh, hummus, spring mix, carrot, red pepper, red onion tomato & choice sauce in a spinach wrap (v)	
blt wrap	8.75
bacon, tomato, spring mix, leaf lettuce, choice sauce in tomato basil wrap	
ultra salad wrap	9
bacon, chicken, spring mix, carrot, red pepper, red onion tomato, cheese, cream cheese & choice sauce in a garlic wrap	
salad box	6.25
spring mix, tomato, carrot, red pepper, red onion & choice sauce (gf)(p)(v) add chicken +1.50	

not a certified gluten free kitchen

ask about our paleo & keto options

(gf)gluten free (k)keto (p)paleo (v)vegan

housemade spreads

hummus (v) +1
chive & onion cream cheese +1
jalapeno cheddar cream cheese +1
smoked salmon cream cheese +2
whipped cream cheese +.50

protein +1.50

bacon
grilled chicken
eggs
natural pork sausage
tempeh
deli turkey

sauces

balsamic vinaigrette
garlic aioli (v)
pesto aioli (v)
ranch (k)
spicy ranch (k)
sriracha aioli (v)
vinaigrette (p)