



<b>cups &amp; bowls</b>	
<b>gluten free +1</b>	
<b>oat bowl</b>	<b>4.95</b>
oats, fruit, spiced brown sugar, super food toppings (v)	
<b>chia cup or bowl</b>	<b>5.95   7.95</b>
chia pudding, granola, fruit, agave, super food toppings	
<b>acai cup or bowl</b>	<b>7.55   9.45</b>
acai blend, granola, fruit, honey, super food toppings	

<b>burritos</b>	
<b>panini pressed   make it a bowl +1</b>	
<b>hearty burrito</b>	<b>5.95</b>
egg, italian sausage, potato, cheese in flour tortilla	
<b>healthy burrito</b>	<b>6.95</b>
egg, spinach, red pepper, red onion, light cheese in flour tortilla	
<b>ultra burrito</b>	<b>7.95</b>
bacon, egg, cheese, potato, sausage, red onion, red pepper spinach in flour tortilla	
<b>salsa, sour cream, hot sauce included</b>	
<b>ADD EXTRA +.25 each</b>	

<b>breakfast &amp; more</b>	
<b>add housemade sauce +.50   gluten free +1</b>	
<b>classic breakfast sandwich</b>	<b>4.95</b>
sausage, egg, cheddar on sourdough english muffin	
<b>healthy breakfast sandwich</b>	<b>5.45</b>
egg, cheddar, spinach, red onion, red pepper on sourdough english muffin	
<b>eggwich</b>	<b>6.45</b>
bacon <b>OR</b> sausage (both +1) spinach, red onion, red pepper, cheddar between two egg patties grilled panini style	
<b>breakfast bagel</b>	<b>6.75</b>
egg, bacon & cheddar on plain bagel w/cream cheese	
<b>italian breakfast bagel</b>	<b>6.65</b>
egg, spinach & tomato on an asiago bagel w/pesto cream cheese	

<b>bagels &amp; melts</b>	
asiago, cheddar, everything (v), jalapeno cheddar plain (v) & sesame (v) <b>gluten free waffle +1</b>	
<b>bagel w/cream cheese</b>	<b>2.95</b>
<b>bagel w/vegan pesto cream cheese</b>	<b>3.95</b>
<b>veggie bagel</b>	<b>6.65</b>
cucumbers, lettuce, tomato, red onion, red pepper & vegan pesto cream cheese on an everything bagel (v) <b>add tempeh +2</b>	
<b>PNW vegan bagel</b>	<b>8.85</b>
PNW seasoned & smoked tempeh, lettuce, tomato, red onion red pepper w/ vegan sweet chili cream cheese on a plain bagel	
<b>smoked salmon bagel</b>	<b>9.95</b>
locally smoked salmon spread from f/v Chelsea Rose lettuce, tomato, red onion, capers on a sesame bagel	
<b>bagel melt</b>	<b>6.95</b>
ham <b>OR</b> turkey, cheddar, lettuce, tomato on a plain bagel with cream cheese <b>make it ultra +2</b>	
<b>blt melt</b>	<b>6.95</b>
bacon, cheddar, lettuce, tomato on a cheddar bagel with cream cheese	
<b>smoked tuna melt</b>	<b>8.95</b>
locally smoked tuna spread from f/v Chelsea Rose, cheddar lettuce, tomato on a sesame bagel	

<b>wraps &amp; salads</b>	
<b>make it a salad box-no charge</b>	
<b>hearty salad wrap</b>	<b>7.95</b>
turkey <b>OR</b> ham, cheese, carrot, salad mix, & cream cheese spread in garlic wrap + ranch sauce	
<b>vegan salad wrap</b>	<b>8.85</b>
grilled tempeh, cucumber, carrot, red pepper, red onion tomato, salad mix & humus spread in spinach wrap + choice of vegan sauce	
<b>blt salad wrap</b>	<b>8.95</b>
bacon, salad mix, tomato in garlic wrap + pesto aioli <b>add turkey +1.95</b>	
<b>ultra salad wrap</b>	<b>9.25</b>
bacon, chicken, tomato, carrot, red pepper, red onion, salad mix, cheese, & cream cheese spread in garlic wrap + garlic aioli	
<b>caesar salad wrap</b>	<b>9.95</b>
chicken, parmesan, lettuce in a garlic wrap + caesar sauce	
<b>keto salad box</b>	<b>9.95</b>
spinach, bacon, red pepper, red onion, parmesan, mct oil and choice sauce	

not a certified gluten free kitchen

LIMITED FOOD MENU AFTER 2P

(v) vegan available

<b>spreads</b>	<b>protein +2</b>	<b>sauces +.50</b>
whipped cream cheese +.50	bacon	garlic aioli (v)
pesto cream cheese +1.50	grilled chicken	pesto aioli (v)
vegan cream cheese +1	eggs	ranch
vegan pesto cream cheese +1.75	deli ham	sriracha aioli (v)
vegan sweet chili cream cheese +1.75	natural pork sausage	caesar
	tempeh	balsamic vinaigrette
	deli turkey	