

Bagels & Lunch

Soup • 12oz Cup 6.99 • 16oz Bowl 7.99

Chowder +1 *Soups include house bread

Seasonal Rotation


Gluten Free Bread +1.75

Hipster Bagel  Add chips & a pickle +1.50

Toasted handmade bagel served open face on a bed of house greens, avocado spread, hummus, sliced cucumber, tomato, radish, topped with pickled red onion, hemp seeds, and a drizzle of light and dark house balsamic 11.99

Avocado Caprese Bagel  Add chips & a pickle +1.50

Toasted handmade bagel served open face, avocado spread, fresh mozzarella, pesto spread, tomato, a drizzle of dark balsamic and everything seasoning 12.49 Add 3 bacon +2.00

Lox & Bagel*  Add chips & a pickle +1.50

Toasted handmade bagel served open face, wild caught salmon lox, caper dill cream cheese schmear, cucumbers, pickled red onion and a twist of cracked pepper 14.49

Smoked Seafood Bagel 

Toasted handmade bagel with either Local Smoked Tuna Whipped Cream Cheese **OR** Smoked Salmon Cream Cheese, lettuce, tomato & red onion. Served with chips & pickle 12.99

Bomb-Bay Tuna Sando 


Indian inspired local caught tuna mix made with apples, slivered almonds, green onion, golden raisins, house red onion & arugula on Ciabatta style bread, served with chips & a pickle 13.49

Ultra Turkey Italian Sando 

Choice of bread **OR** Bagel, sliced turkey breast, salami, provolone, avocado spread, lettuce, tomato, red onion & pesto aioli. Served with chips & a pickle 13.99

Vegan Club Sando 

Choice of bread **OR** Bagel, 2 slices of Quality vegan bacon, 6 slices vegan pepperoni, vegan provolone, real avocado spread, lettuce, tomato, red onion & Vegan pesto aioli. Served with chips & a pickle 13.99

Caesar Salad Wrap  Sub Smoked Salmon **OR** Tempeh no charge

House greens, diced herbed chicken, parmesan, cucumber, tomato, wrapped in a garlic tortilla & Caesar dressing on the side. Served with chips & a pickle 12.99 Make it a salad no charge

Paleo Protein Salad Bowl  

House greens, topped with 2 hard boiled egg, garlic herb chicken, cucumbers, tomato, red onion, carrots, avocado and house white balsamic 13.99 Add chips & a pickle +1.50

Burrito Bowl    Make it vegan no charge

Shredded chicken, mexi cheese, black beans, corn, salsa, diced red bell pepper, red onion, cilantro & shredded cabbage on warm white rice with pico pica aioli drizzle & chips 14.99

***Hot sauce included, Sour Cream .35c Guacamole .65c**

Banh Mi Bowl   Make it vegan no charge

Shredded pork & thai chicken, cabbage mix, cucumber, house daikon and carrot ferment, green onion, cilantro, sesame seeds, on warm white rice & sweet thai aioli drizzle 14.49

Eats

Breakfast & More

Add spinach, tomato & red onion **NO CHARGE!**

Gluten Free +1.75

Vegan Breakfast Sando  

Plant based sausage, "JUST" plant based egg and Violife cheddar cheese on a gluten free waffle with a dash of our vegan aioli 9.99

Classic Breakfast Bagel  

Handmade toasted bagel, house whipped cream cheese, Tillamook cheddar, 2 fried egg patties & choice of ham, or bacon or sausage 10.99

Roman Breakfast Bagel   

Handmade toasted bagel, dairy free sun-dried tomato **OR** pesto cream cheese, 2 fried egg patties, spinach, tomato, red onion 9.99

Bacon Biscuit Sando   Add a small side of gravy 2.50


Large house made butter biscuit with 1 fried egg patty, 3 bacon, cheddar and a drizzle of garlic aioli 9.99

Biscuits & Gravy 9.99  

A local favorite, since 2017! One of our BIG house made biscuits, scratch rosemary gravy, *gluten free option available

Quiche's    **No Mods**

A generous slice of our of handmade quiche. Its on rotation so be sure to ask your barista what we have! 8.99

Mini Quesadilla  Salsa .45c Sour Cream .55c Guacamole .65c

A simple plain tortilla and mexi cheese! 7.99

Burritos

Hot sauce included! Sour Cream .55c Guacamole .65c

Hearty Burrito  Add chips & a pickle +1.50 **No Mods**

Tortilla filled with egg, cheese, tots, bacon, sausage, & light red bell peppers, spinach & onion warmed and panini pressed. 9.99

Healthy Burrito  **No Mods**

Tortilla filled with egg, cheese, tots, red bell peppers, spinach & red onion, warmed and panini pressed 8.99

Forks Over Knives Burrito  **No Mods**

The best vegan/plant based sausage, egg, and cheese we can find; tots, spinach, sweet red bells & red onion panini pressed 9.99

Acai Bowls

peanut butter +1 almond butter +2 GF+1

Classic Acai - Dragonfruit - Blue Roots - Passionfruit

Tiki Passion Bowl

Your choice of Sorbet flavor, topped with pineapple, mango, strawberries, blueberries, banana & coconut flakes 10.99

Classic Acai Bowl

Your choice of Sorbet flavor topped with strawberries, blueberries, banana, house granola, coconut flakes & cacao nibs 10.99

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.