

PASTRY CASES

ALL OF OUR BAGELS, DONUTS & PASTRIES ARE HOUSEMADE BY US AT OUR BAKERY.

- Bagels • Donuts • Croissants • Truffles • Cheesecake • Cookies
- Brownies • Fruit Bars • Muffins • Scones • Popped tarts • Danishes

BREADS

Bagel (Plain / Everything / Asiago).....	3
Gluten-Free Bagel.....	+1.5
Sourdough Slice.....	2
House Biscuit.....	3
English Muffin.....	2.5

SPREADS

Butter.....	.50
Jam.....	1
Peanut Butter.....	1.5
Almond Butter.....	3
Hummus.....	2.5
Avocado Spread.....	2.5

SCHMEARS

House Whipped Cream Cheese.....	2.5
Caper Dill Cream Cheese.....	2.5
Pesto Spread (v).....	2.75
Sun-Dried Tomato Pesto (v).....	2.75
Jalapeño Cheddar Cream Cheese.....	2.75
Smoked Tuna Cream Cheese.....	5
Smoked Salmon Cream Cheese.....	6

PROTEINS

Egg.....	2.5
Lox.....	6.5
Turkey or Ham.....	3.5
Salami or Bacon.....	3.5

ACAI BOWLS (v, gf) (celiac gf granola +1)

Add-ons: Peanut butter +1 Almond butter +2

SORBETS: Traditional Acai, Passion Fruit, Dragonfruit, Blue Roots (Pina Colada)

Classic Acai Bowl12

Your choice of sorbet topped with strawberries, blueberries, banana, house granola, coconut flakes, cacao nibs.

Tiki Passion Bowl12

Your choice of sorbet topped with mango, pineapple, strawberries, blueberries, banana and coconut flakes.

Lox & Bagel*

Housemade toasted bagel served open-face with wild salmon lox, caper dill cream cheese schmear, cucumber, pickled red onion, local microgreens, and fresh cracked pepper. 15

**Consuming raw or undercooked seafood may increase your risk of foodborne illness.*

BREAKFAST CLASSICS

Super Oat Bowl (v, gf+1.5)

Hot oats topped with blueberry, strawberry, banana, cacao nibs, coconut and spiced brown sugar. 8

N.W. Avocado Toast (v, gf +1.5)

Thick sliced sourdough toast, seasoned avocado spread, everything seasoning, house pickled onion, watermelon radish & local microgreens. 10

Rice & Shine Bowl (v,veg, gf, df)

Choice: Sausage, bacon, or tempeh on white rice with sweet potato, black beans, scrambled eggs, peppers & onion, mexi cheese, pico de gallo, guac, cilantro, and zesty aioli on the side. 13

BREAKFAST SANDOS

Classic Breakfast Bagel (gf +1.5)

Toasted bagel, whipped cream cheese, cheddar, 2 egg patties. Choice: Ham, bacon, or sausage. 12

Vegan Breakfast Sando (v, gf)

Plant-based sausage, JUST egg, Violife cheddar on a gluten-free waffle with zesty vegan aioli. 11

Roman Breakfast Bagel (veg, df, gf +1.5)

Toasted bagel, dairy-free pesto or sun-dried tomato pesto schmear, 2 egg patties, spinach, tomato and red onion. 11

BURRITOS (No Mods)

Hot sauce included · Sour cream .50 Guacamole .75

Hearty Burrito

Bacon, sausage, egg, cheese, tots, sweet red bell pepper, spinach, red onion wrapped in a tortilla and panini pressed. No mods. 10

Healthy Burrito (veg)

Eggs, cheese, tots, sweet red bell pepper, spinach, red onion wrapped in a tortilla and panini pressed. No mods. 9

Forks Over Knives Burrito (v)

Plant-based sausage and bacon, JUST egg, vegan cheese, tots, spinach, sweet red bell, red onion wrapped in a tortilla and panini pressed. No mods. 11

BISCUITS + QUICHE

Biscuits & Gravy (gf+1)

Housemade biscuit with rosemary sausage gravy. 9 Add bacon and eggs +4

Bacon Biscuit Sando (gf +1.5)

Housemade biscuit, hard fried egg, 3 bacon, cheddar, garlic aioli. 10 Add gravy +2.5

Quiche's (veg, gf)

Housemade quiche (rotating). 9
Ask your barista today or check the sign!