



BRUNCH

BAGELS

EVERYTHING, PLAIN, PUMPERNICKEL, SESAME, CINNAMON RAISIN.

JUST A BAGEL \$1.50

BUTTER \$2.00

PLAIN CREAM CHEESE \$2.25

FLAVORED CREAM CHEESE \$2.50

BUTTER & HOUSEMADE JAM \$2.50

SCOTTISH LOX, ARUGULA, ROASTED TOMATO, CREAM CHEESE \$6.50

SIDE DISHES

GREEN MEADOW FARMS BEEF BACON \$3.00

TURKEY BACON \$2.50

HOUSE TEMPEH BACON \$2.75

ROSEMARY POTATOES \$3.00

ONE PANCAKE \$2.00

SLICE OF FRENCH TOAST \$2.50

TOAST \$1.50

SEASONAL JAM \$0.50

EGGS

We proudly serve Green Meadow Farm eggs. Available breads are sourdough, whole grain, marble rye, bagel, or english muffin. We offer gluten-free bread, \$0.50 extra.

EGG & CHEESE \$5.00

Choose from cheddar, pepper jack, or goat cheese.

EGG, BACON & CHEESE \$6.00

Choose your cheese, bacon, and bread.

"THE WORKS" \$6.50

Egg, cheese, bacon, and rainbow chard. Get it veggie for \$5.50.

TWO YOUR WAY \$7.50

A pair of eggs served with rosemary potatoes and choice of toast.

POTATO VEGGIE HASH \$9.00

Yukon gold potato, spinach, portobello, and bell pepper with two eggs on top and your choice of bacon.

SPICED TOFU SCRABMLE \$8.50

Tofu scramble with red, yellow and green peppers, side of rosemary potatoes, and your choice of toast.

'CAKES & FRENCH TOAST

THREE PER ORDER. ADD HOMEMADE WHIPPED CREAM FOR \$0.50.

CLASSIC BUTTERMILK 'CAKES \$6.00

CHALLAH FRENCH TOAST \$8.00

CORNFLAKE CRUSTED FRENCH TOAST \$8.50

ADD BANANAS & SWEET CARAMEL \$1.50

ADD STRAWBERRY SAUCE \$1.75



LUNCH

POWER SALAD

GREENS MIX (KALE, SPRING MIX, PARSLEY), ROASTED BEETS, CUCUMBER, CARROT, SPICED GARBANZO BEANS, TOASTED SUNFLOWER SEEDS WITH A LEMON TAHINI DRESSING. (V)
HALF \$5.50 / FULL \$8.50

FARRO SALAD

RAINBOW CHARD, FARRO, RED BELL PEPPER, SPICED ALMOND SLIVERS, AND HONEY BROWN DRESSING. (V)
ADD GOAT CHEESE FOR \$1.00.
HALF \$4.00 / FULL \$7.50

TOMATO & MOZZ SALAD

SPRING MIX, MOZZARELLA, ROASTED TOMATO, BASIL, WALNUTS, AND BALSAMIC GLAZE. (V) \$7.50

SUPER PLATE

HUMMUS, CUCUMBER, BLACK OLIVES, AND CHARD & FARRO SALAD; SERVED WITH BAGEL OR TERRA CHIPS. (V)
\$7.50

HUMMUS AND BAGEL CHIPS

(V) \$5.00

SOUP OF THE DAY

CHECK THE BOARD FOR TODAY'S VARIETY.

PLEASE INFORM STAFF IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY. SOY, NUTS, AND GLUTEN-CONTAINING INGREDIENTS ARE USED IN THIS KITCHEN. ADDITIONAL INFORMATION FOR ALL MENU ITEMS IS AVAILABLE UPON REQUEST.

SANDWICHES

SERVED WITH SIDE SALAD AND BALSAMIC VINAIGRETTE. TERRA CHIPS AND GLUTEN-FREE BREAD AVAILABLE. (V) INDICATES AN ITEM THAT CAN BE PREPARED VEGAN UPON REQUEST.

CHICKEN SALAD \$7.50

Cubed chicken breast with thyme, apple, dried apricot, arugula, toasted walnuts, and shaved fennel on whole grain.

ROAST BEAST \$8.75

Roast beef, red pepper, portobello, spring mix, and blue cheese horseradish mayo on marble rye.

THE BEST CLUB \$8.00

Turkey bacon, roast beef, romaine, sliced tomato, pickled red onion, and roasted garlic aioli on sourdough.

MELTED BRIE & FIG \$7.00

Brie cheese, apple, fig jam, and toasted almond slivers on sourdough.

"EGG" SALAD \$6.75

Tofu egg salad, cucumber, carrot, and alfalfa sprouts on whole grain. (V)

BIG OL' GRILLED CHEESE \$6.50

Melted sharp cheddar, pepper jack and mozzarella on sourdough.

BLT \$6.75

Turkey or tempeh bacon, romaine, basil, roasted tomato, chipotle mayo on sourdough. (V)

TUNA MELT \$8.50

Tuna salad with shredded carrots, pepper jack cheese, cucumber, avocado, arugula, and spicy mustard on sourdough.

ROASTED VEGETABLE \$7.50

Zucchini, squash, portobello, red pepper, roasted tomato, spring mix, goat cheese and roasted garlic mayo on whole grain. (V)

TURKEY MELT \$8.50

Smoked turkey, sharp cheddar, roasted tomato, cucumber, and basil pesto mayo on sourdough.