

BREAKFAST**STEEL CUT OATMEAL**

RAISINS BANANA BROWN SUGAR
WARM MILK.

8

LOX BAGEL

SMOKED SALMON CREAM CHEESE
SLICES TOMATOES RED ONION CAPERS.

11

ACAI BOWL W/BERRIES

ACAI GREEK YOGURT GRANOLA
BANANA SEASONAL BERRIES AND HONEY.

8

CHORIZO BURRITO

EGGS BLACK BEANS
POTATOES SHREDDED
JACK AND CHEDDAR
SOUR CREAM

10

CREATE YOUR OWN EGG BREAKFAST SANDWICH:**STEP 1 BREAD**

CHOICE: BAGEL CROISSANT ENGLISH MUFFIN

STEP 2 PROTEIN

BACON • HAM • SAUSAGE

STEP 3 DAIRY

AMERICAN SWISS CHEDDAR

7.50

**PANINIS
AND
SANDWICHES****AVOCADO TOAST**

WHOLE GRAIN TOAST
FRESH AVOCADO MASHED
BOILED EGG SLICED TOMATO
FINISHED W/FRESH LEMON JUICE
SALT AND BLACK PEPPER

10

ADD SMOKED SALMON 2

GRILLED CAPRESE

FRESH MOZARELLA
SLICES TOMATOES
ROASTED RED PEPPERS
BASIL PESTO
TANDOORI NAAN BREAD

11

TURKEY SANDWICH

WHOLE GRAIN TOAST TURKEY
MAYO LETTUCE TOMATOES
AVOCADO

11.50

CUBANO SANDWICH

HAM PULLED PORK SWISS
CHEESE SLICES PICKLES
ON BAGUETTE
SPREAD WITH MUSTARD AIOLI

12

----- ALL OUR SANDWICHES ARE SERVED WITH SMALL MIX GREEN SALAD-----
OR POTATO CHIPS

SALADS**COBB SALAD**

CHOPPED ROMAINE
LETTUCE AVOCADO
CHOPPED TOMATOES
BOILED EGG AND BACON or CHICKEN
BLUE CHEESE CRUMBLES

11

SUMMER QUINOA W TURKEY

FRESH BABY SPINACH TURKEY
BREAST SAVORY QUINOA
APPLES ALMONDS
GOAT CHEESE
HOUSE CITRUS VINAIGRETTE

10

HOUSE CAESAR SALAD

CRISP ROMAINE CROUTONS
GRATED PARMESAN TOSSED
WITH TRADITIONAL CAESAR DRESSING
ADD CHICKEN 2

9

POBLANO SOUTHWEST SALAD

CHOPPED KALE CORN
BLACK BEANS BELL PEPPERS
TORTILLA STRIPS W/CREAMY
POBLANO DRESSING
W/ CHICKEN

11