

BREAKFAST

HOUSE BREAKFAST SANDWICHES \$6.00

Your choice of Bacon, Sausage or Ham on an English muffin or bagel with egg and cheddar cheese

SOUTHWEST BREAKFAST SANDWICH \$6.75

Your choice of Bacon, Sausage, Ham or veggies on a bagel with egg, pepper jack cheese, tomato and a chipotle pesto spread.

GARDEN PESTO BREAKFAST SANDWICH \$6.75

Cucumber, spinach, tomato, red onion and carrot shreds on a bagel with egg, swiss cheese and a basil pesto spread.

VEGAN BREAKFAST SANDWICH \$7.00

Tofu "egg," tomato, red onion, spinach and avocado spread on an English muffin or bagel

SUB TOFU "EGG" \$1.50/ ADD AVOCADO \$1.50/ ADD MEAT \$2.00

BREAKFAST BOWL \$8.00

Spinach, tomato, red onion and potato hash topped with your choice of egg or tofu "egg," and your choice of

bacon or sausage and topped with cheddar cheese and avocado spread.

BAKED OATMEAL \$4.50

A GF/Vegan Oatmeal made with banana, blueberries, cinnamon, dried cranberries and pumpkin seeds warmed in the oven and served with a side of alternative milk.

WEEKEND BREAKFAST OPTIONS

(Served Saturday and Sunday 7 am until 1 pm)

WAFFLE BREAKFAST SANDWICH \$7.50

Your choice of bacon, sausage or veggie sausage with egg or tofu "egg" and cheddar cheese served on a Belgian waffle with a side of maple syrup.

BELGIAN WAFFLES (1) \$6.99 (2) \$12.99

Fresh Belgian waffles made to order served with butter and maple syrup

Add fresh fruit and whip cream for \$2.00

BISCUITS AND GRAVY (2 Biscuits) \$5.99 (4 Biscuits) \$10.99

SMALL PLATES

CRUDITE PLATE \$6.99

Cucumber, radish, cherry tomatoes, celery, pickled vegetables, olives and a dip.

HUMMUS PLATE \$6.99

Cherry tomatoes, cucumber, pita and olives served with hummus.

CHEESE PLATE \$8.99

2 seasonal cheeses served with crackers.

Add salami: \$3.50

SALADS

\$5.99 side/ \$13.99 whole with chicken or marinated tofu

DRESSING OPTIONS: Ranch, pesto Caesar, balsamic vinaigrette, honey mustard

GARDEN SALAD

Organic spring mix, cherry tomatoes, cucumber, red onion, carrot shreds and crouton.

PESTO CAESAR

Crisp romaine lettuce, parmesan cheese, pesto Caesar dressing, crouton and a lemon wedge.

STRAWBERRY FETA

Organic spring mix, fresh strawberries, feta cheese, roasted pumpkin seeds and a honey mustard dressing.

STARVING ARTIST \$11.99

A side salad of your choice with a glass of our house wine or beer.

BOWLS

THAI CHICKEN BOWL \$10.99

Brown Rice, chicken, carrot shreds, cucumber and crumbled peanuts served with peanut sauce.

Sub marinated tofu \$1.50

GARDEN BOWL \$8.99

Quinoa, organic spring mix, cherry tomatoes, cucumber, red onion, carrot shreds.

Add chicken \$3.50/ marinated tofu \$4.00

SANDWICHES AND WRAPS

All sandwiches and wraps served with chips OR apple slices.

THAI CHICKEN WRAP \$9.99

Chicken, peanut sauce, carrot shreds, cucumber, lettuce and crumbled peanuts.

Sub marinated tofu \$1.50

PESTO CAESAR WRAP \$9.99

Chicken, pesto Caesar dressing, romaine lettuce, parmesan cheese.

Sub marinated tofu \$1.50

MEDITERRANEAN WRAP \$9.99

Hummus, feta, olives, organic spring mix, cherry tomato, cucumber and red onion.

Add chicken \$3.50/ marinated tofu \$4.00

POWER WRAP \$9.99

Quinoa, marinated tofu, organic spring mix, cherry tomatoes, cucumber, carrot shreds, avocado spread and balsamic dressing.

BREAD OPTIONS: sourdough, whole wheat, plain, cheddar or everything bagels.

Sub GF bread or Croissant \$2.00

DELI SANDWICH \$9.99

Mayo, mustard, lettuce, tomato, red onion with your choice of pepper jack, swiss or cheddar cheese and turkey, tuna or ham.

VEGGIE DELUXE \$9.99

Avocado spread, swiss cheese, lettuce, tomato, red onion, cucumber, and carrot shreds.

BLTA \$9.99

Bacon, lettuce, tomato, avocado spread and mayo.

Sub marinated tofu \$1.50

TURKEY CLUB \$10.99

Turkey, mayo, lettuce, tomato, cheddar cheese and bacon.

CHICKEN AND SWISS \$10.99

Chicken breast, mayo, lettuce, tomato and swiss cheese.

Add avocado spread \$1.50

TUNA MELT \$10.99

Tuna salad, tomato and melty swiss cheese

GRILLED CHEESE \$9.99

Cheddar and swiss cheese, tomato and basil pesto

Add bacon \$1.50

Plain grilled cheese \$6.99

