

-BREAKFAST-

HOUSE BREAKFAST SANDWICH 6.00

Your choice of sausage, bacon or veggies with egg and cheddar cheese served on your choice of a bagel or an English muffin.

GARDEN VEGGIE BREAKFAST SANDWICH 6.75

Basil pesto, egg, spinach, tomato, mushrooms, red onion and swiss served on your choice of a bagel or English muffin.

SOUTHWEST 6.75

Your choice of sausage or bacon with chipotle pesto, egg, tomato and pepper jack cheese on your choice of a bagel or English muffin.

THE GOOD START(V) 6.75

Hummus, avocado spread and chipotle pesto topped with spinach, tomato, cucumber and carrot shreds on your choice of a bagel or English muffin.

BAGEL & CREAM CHEESE 2.95

Your choice of bagel which is toasted and served with a side of cream cheese.

BAKED OATMEAL (GF) (V) 4.25

BREAKFAST BOWL (GF) 8.99

Your choice of sausage or bacon, egg and cheddar cheese with a potato and bell pepper hash on top of fresh spinach and tomato and served with avocado spread.

BREAD OPTIONS

English muffin plain bagel cheddar bagel everything bagel sesame seed bagel
gluten free bread croissant

-SANDWICHES-

All sandwiches come with a side of chips.

BLTA whole \$8.99/half \$5.99

Bacon, lettuce, tomato, mayo and avocado spread.

TURKEY CLUB whole \$9.99/ half \$6.99

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

TUNA SALAD whole \$8.99/ half \$5.99

tuna salad, lettuce, tomato and swiss.

THAI CHICKEN WRAP \$9.99

Chicken, lettuce, carrot, peanuts and peanut mayo.

PESTO CAESAR WRAP \$9.99

Romaine, parmesan, chicken and pesto Caesar dressing.

GRILLED CHEESE

Cheddar cheese, tomato and pesto. whole \$8.99/ half \$5.99

Plain grilled cheese whole \$6.99/ half \$3.99

VEGGIE DELUXE whole \$9.99/ half \$6.99

Swiss cheese, avocado spread, carrots, cucumber, red onion, tomato and lettuce.

MEDITERRANEAN WRAP \$9.99

Hummus, feta, spring mix lettuce, tomato, cucumber, kalamata olives and red onion

-EXTRAS-

Chicken or turkey \$3.50 avocado spread \$1.50

gluten free bread \$2.00 bacon \$2.00

-SALADS-

GARDEN SALAD

Organic spring mix, diced tomato, cucumber, red onion, carrot and croutons.

PESTO CAESAR SALAD

Romaine, pesto Caesar dressing, parmesan cheese, croutons and a lemon wedge.

-DRESSING OPTIONS-

BALSAMIC VINEGAR, BLEU CHEESE, PESTO CAESAR, RASPBERRY VINAIGRETTE, RANCH, BASIL PESTO,
CHIPOTLE PESTO, HONEY MUSTARD.

-EXTRAS-

CHICKEN OR TUNA \$3.50

AVOCADO SPREAD \$1.50

HUMMUS \$.75