

# Breakfast

**Bagel ~ \$4.50**

with regular or vegan cream cheese

**PB Toast ~ \$7.20**

Peanut Butter, Banana, Cinnamon, Honey

**Nutella Toast ~ \$7.20**

Nutella, Chia Seeds, Banana or Strawberry

**Nut and Honey Toast ~ 7.20**

Local Raw Honey, Organic Cashew Nut Butter,  
Banana, Strawberry, Granola

**Avocado Toast ~ \$7.20**

Avocado, Everything Bagel Seasoning, Sprouts

**Caprese Toast ~ \$7.20**

Avocado, Cherry tomato, Basil Sprouts,  
Mozzarella, Balsamic Glaze

**Southwest Breakfast Tortilla Wrap ~ \$11.00**

Egg, Cheese, Onion, Pepper, Black Bean Salsa

**Parfait ~ \$6.95**

Organic Vanilla Greek Yogurt, Strawberries, Blueberries, Granola, Local Raw  
Honey

**Fruit Cup ~ \$6.95**



# Lunch

**Tuna Melt ~ \$10.95**

Enjoy on Toast or Bagel

**Chicken, Egg, or Tuna Salad ~ \$10.95**

Enjoy on a Wrap, Toast or Bagel

**Avocado Panini ~ \$12.00**

Avocado, Havarti Cheese, Tomato, Spinach, Pesto Cream Cheese

**Classic Grilled Cheese ~ \$10.95**

Sharp Cheddar, Creamy Havarti, Melted to Perfection!

**Chipotle Chicken Sandwich ~ \$12.00**

Chipotle Sauce, Chicken, Avocado, Spinach, Gouda Cheese

**Pesto Chicken Panini ~ \$12.00**

Pesto, Chicken, Mozzarella, Tomato, Balsamic Glaze

**Berry Balsamic Grilled Cheese ~ \$12.00**

Berry Compote, Spinach, Mozzarella, Balsamic Glaze

**Roasted and Red ~ \$12.00**

Roasted Red Pepper, Tomato, Harissa Sauce, Red Onion,  
Spinach, Hummus Avocado, Cucumber

**Spring Rolls ~ \$12.00**

Peanut Dipping Sauce, Rice Noodles, Lettuce, Red Cabbage,  
Carrots, Cucumber, Jalapeño, Green Onion, Cilantro, Mint  
all wrapped into a Spring roll!

Add Shrimp \$4.00