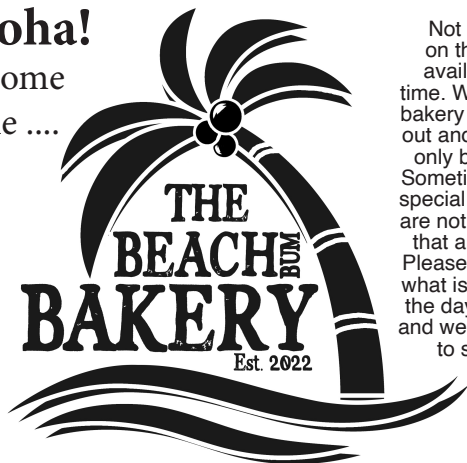


Shaloha!

Welcome  
to the ...



Don't panic! It's ORGANIC!

Not everything  
on this menu is  
available all the  
time. We are a small  
bakery so things sell  
out and also we can  
only bake so fast.  
Sometimes we have  
special products that  
are not on this menu  
that are available.  
Please ask to check  
what is on the menu  
the day of your visit  
and we will be happy  
to show you!

## Organic 100% chemical FREE Menu

Our ingredients are carefully sourced ORGANIC (naturally non-GMO).  
Cheeses are either organic or from Europe and the fruit & veggies we use  
is either organic or they are on the CLEAN 15 list.

Our organic coffee is our own special blend of Sumatra - Guatemalen.

We make all our own organic syrups.

Our honey is from Chase Honey (a local beekeeper).

We offer organic oat milk or organic whole milk.

### Coffee, Organic

	12 oz	16 oz
Americano .....	4.50	5.00
Cold Brew .....	5.50	6.50
[straight up   sweet cream Cold Brew]		
Latte .....	5.50	6.50
[vanilla   hazelnut]		
Drip coffee .....	3.50	
[in house = free refills   12 oz to go = 4.00   16 oz to go = \$4.50]		

### Non-Coffee, Organic

	12 oz	16 oz
Matcha.....	6.50	7.50
[unsweetened Jade matcha w/ vanilla syrup or honey]		
Herbal tea .....	3.50	4.50
[with honey   English style w/ splash of milk, optional]		
Iced tea.....	5.00	6.00
[Earl Grey sweetened w/ honey]		
100% Juice .....	3.50	
[4 oz 100% REAL organic fruit juice. Pineapple or tropical blend]		
Lemonade .....	5.50	6.50
[add huckleberries for 2.00, summer only]		

### Food, Organic

"Shug" is a healthy, spicey  
Mediterranean condiment made of  
jalapenos, cilantro, parsley, kale,  
garlic, salt and cardemon. It pairs  
wonderfully with avocado!

#### Light Breakfast, Organic (8am-1:30pm)

Bagel and Cream Cheese .....	6.50
toasted New York Bagel w/ cream cheeser	
Bagel and Tomato Sandwich .....	10.00
toasted New York bagel w/ cream cheese, tomato and shug (add avocado for additional 2.00)	
The Gerald Bagel .....	11.00
toasted New York bagel w/ cream cheese, avocado and shug	
Avocado Toast	
thick slice of Rustic Sourdough w/ shug (or not).....	6.50
OR Toast w/ peanut butter .....	3.50
OR Toast w/ butter .....	2.50
Waffles .....	10.00
1 waffle w/ berry compote, honey yogurt   maple syrup & butter	
Yogurt Parfait .....	8.50
fruit (banana & other), honey yogurt w/ granola	

#### Light Lunch, Organic (11:30-1:30pm)

Soup and Bread .....	10.00
bowl of soup (ask what we have today) and bread	
Matzah Pizza .....	14.00
thin vegetarian pizza w/ cheese, onion, tomatoes, olive oil, basil	

#### Desserts, Organic

Ice cream and wafer .....	5.00
1 scoop (strawberry, marionberry or vanilla) with wafer	
Cabana Cake .....	8.50
1 slice of house cake (ask what we have today)	

#### Healthy Snacks, Organic

Chocolate energy balls (2).....	6.00
Harvest balls (2) .....	6.00
Date bars (2).....	7.50
Granola (12 oz) .....	12.00

### Bread and Pastries, Organic

Rustic sourdough bread .....	12.50
Mini loaves 6.50	
Other breads .....	ask what we have
Sourdough baguettes .....	5.00
New York bagels.....	5.00
Cinnamon rolls .....	6.00
add American butter cream frosting for 1.50	
Apple fritters   Donuts (sourdough).....	5.50
Scones   Cookies.....	5.00
Muffins   Coffee cake.....	6.50