

SANDWICHES

*ALL SANDWICHES ARE MADE ON
WHEATBERRY BREAD

*ALL SANDWICHES COME WITH COLESLAW

THE BREAKY \$16.99

LOCAL EGG, BACON, MOZZARELLA,
GREENS, TOMATO, S&P, HERB AND
ROASTED GARLIC AIOLI
+\$CHICKEN +\$AVOCADO +\$HUMMUS

BLT \$14.99

BACON, GREENS, TOMATO, HERB &
ROASTED GARLIC AIOLI, SALT & PEPPER,
+\$EGG +\$AVOCADO +\$CHICKEN +\$HUMMUS

CAPRESE SANDWICH \$14.99

GREENS, TOMATO, MOZZARELLA,
CUCUMBER, BALSAMIC GLAZE, HERB AND
ROASTED GARLIC AIOLI, S&P
+\$CHICKEN +\$BACON +\$AVOCADO +\$HUMMUS

SALADS

+\$HUMMUS +\$CHICKEN +\$BACON
+\$AVOCADO +\$EGG +\$MOZZARELLA

GARDEN SALAD \$15.99

OUR MIXED GREENS, CARROTS, RADISH,
CUCUMBER, TOMATO, GARBANZO BEANS,
RED ONION, S&P, FLAX SEEDS, LEMON
CIDER DIJON CREAMY VINAIGRETTE

GROUNDING SALAD \$15.99

OUR MIXED GREENS, BEETS, CARROTS,
WHIPPED RICOTTA, MANDARINS, LOCAL
HONEY, PISTACHIOS, LEMON CIDER
DIJON CREAMY VINAIGRETTE, S&P

GB CAPRESE SALAD \$15.99

OUR MIXED GREENS, CUCUMBER,
TOMATO, GARBANZO BEANS, ALMONDS,
MOZZARELLA, HEMP SEEDS, BALSAMIC
GLAZE, ROASTED GARLIC HERB AIOLI

SMALL OLIVE SALAD \$7.99

KALAMATA, BLACK, CASTELVETRANO
OLIVES, CUCUMBER, Z'ATAR

GLIZZIES

100% ALL BEEF HOT DOGS
ORGANIC GRASS FED & GRASS FINISHED
REGENERATIVE HAPPY FARM

*ALL GLIZZIES COME WITH COLESLAW

TRUFFLE GLIZZIE \$13.99

WHITE TRUFFLE AIOLI, BACON, ONION,
WHIPPED RICOTTA, MOZZARELLA

BREAKY GLIZZIE \$13.99

LOCAL EGG, BACON, MOZZARELLA,
ARUGULA, HERB & ROASTED GARLIC AIOLI

MUFFULETTA GLIZZIE \$13.99

MIXED OLIVE BLEND, DIJON MUSTARD,
MOZZARELLA, Z'ATAR, ONION, TOMATO

OG GLIZZIE \$10.99

MEAT, BUN, KETCHUP, DIJON MUSTARD

KIDDOS

EGG, BACON, TOAST \$7.99

FRUIT BOWL \$7.99

PARFAIT \$8.99

WAFFLE \$6.99

HOT DOG \$7.99

PLEASE NOTE AN 18% AUTO GRATUITY
WILL BE ADDED TO EVERY PURCHASE!