# Shareables

**Beet Hummus $16**
Topped with toasted pumpkin seeds, olive oil, feta cheese; grilled pita, watermelon radish, carrots, cucumber, red pepper, fresh lemon

**Whipped Ricotta $16**
Topped with olive oil, toasted chopped pistachios, and honey; fresh strawberries & fresh basil, toasted ciabatta

**Charcuterie Board $28**
Capocollo & salami, Havarti cheese, bleu cheese, & whipped ricotta, grapes, fig jam, walnuts, olive medley, pepperoncinis, toasted ciabatta

**Burrata $21**
Sweet tomatoes, pesto, cured olives, fresh basil, olive oil, balsamic reduction, toasted ciabatta

**Warm Brie and Scones $18**
Topped with fig jam, & chopped roasted walnuts; served with mini apple scones



## Toasts

**Avocado {vg} $12**
Smashed avocado, tomato, pickled onions & fresnos, arugula, watermelon radish, lemon, sea salt

**Salmon & Avocado $16**
Smashed avocado, chilled grilled salmon, capers, pickled red onion, sliced tomato

**Prosciutto Fig $14**
Ricotta & goat cheese, fig jam, prosciutto, walnuts

**Egg Salad {vg} $12**
Dill, sliced tomatoes, arugula, pickles

# Omelets $16

**All omelets served with light salad & toast or English Muffin (+$1.00)**
**Gluten free toast & bagel available +$1*

**Wild Mushroom {vg}**
Egg whites, roasted herbed wild mushrooms, brie, spinach

**Butternut Squash {vg}**
Brown butter, sage, onion, mozzarella

**Ham & Asparagus**
Ham, Swiss cheese, asparagus

**Bacon Cheddar**
Applewood smoked bacon, cheddar jack, onion, red pepper, spinach

# Breakfast Basics

**Morning Glory {gf, vg} $16**
Fresh fruit & berries, Greek yogurt, house made granola (walnuts, pecans, almonds, coconut), honey

**Açaí Bowl {gf} $16**
Frozen Açaî, banana, strawberry, blueberries, Coco nibs, house-made granola (with nuts), chia seeds, honey, peanut butter, coconut



**Rustic Pies $14**
*(Personal Sized)*

**Italian Sausage**
Ricotta & mozzarella cheese, egg, spinach

**Ham & Egg**
Chopped hard-boiled egg, ricotta & Swiss cheese

**Butternut Squash**
Egg, brown butter sage, onion, ricotta & mozzarella cheese

**Blonde Benedict $19**
English muffin, avocado spread, tomato, applewood smoked bacon, basted eggs*, hollandaise sauce; fruit cup

**Breakfast Bowl {vg} $14**
Scrambled eggs*, cheddar cheese, onions, red pepper, spinach; tomato, cilantro; wheat tortilla, avocado spread, salsa
**Can be gluten free without the tortilla*

**Add Protein:** Bacon $4, Sausage $4; Vegan Chorizo $5, Chicken Sausage $5, Chicken $6; Salmon $10

## Breakfast Sammies $14

Sub Gluten Free Bread or Bagel $1

**Croissant**
Cheesy eggs* & applewood smoked bacon; on a flakey croissant with light arugula salad

**English Muffin**
Spicy house-made chicken sausage, over hard egg*, havarti cheese, wild greens, tomato

**Everything BLT Bagel**
Scrambled egg*, applewood smoked bacon, tomato, basil, goat & cream cheese

**Knife & Fork**
Open-faced on sourdough, wild greens, mayo, avocado, sweet tomato, applewood smoked bacon, cheddar cheese, sunny egg*

# Sandwiches $14

***Add to sandwiches:*** Chilled sides $3, Chips $2
Sub Gluten Free Bread or Bagel $1

**Turkey BLT Wrap**
Avocado, Havarti, applewood smoked bacon, romaine, tomato, mayo; wheat wrap

**Tuna Salad**
Albacore, celery, red onion, fresh dill, mayo, romaine, sweet tomato; 9 grain

**Chicken Salad**
Chicken breast, mayo, celery, red onion, grapes, romaine, tomato; croissant

**Roast Beef**
Boars Head roast beef, horseradish mayo, cheddar cheese, pepperoncini, red onion, tomato, romaine; 9 grain bread

**Veggie Wrap {vg}**
Beet hummus, carrots, mixed greens, cucumbers, cashews, red pepper, feta cheese, pickled onions, mint, avocado, tomato; wrapped in a spinach tortilla

## Salads $16



***Add a Chilled Protein:*** Chicken $6; Salmon $10; Chicken Salad OR Tuna Salad $6

**Beet Carpaccio {gf, vg}**
Sliced red beets, oranges, arugula, whipped ricotta & goat cheese, chopped pistachios, fresh mint; citrus vinaigrette

**Spicy Watermelon {gf, vg}**
Sweet watermelon, Fresno chilies, cucumber, cherry tomatoes, feta cheese, mint; tamarind balsamic glaze, tajin

**Apple Blue {gf}**
Mixed greens, tart apples, blue cheese crumbles, candied bacon, toasted walnuts, dried cranberries; apple cider vinaigrette

**Chicken Caesar $22**
Chilled grilled chicken, romaine lettuce, Caesar dressing, croutons, parmesan

**The Arizona Chopped $28**
Chilled grilled salmon, chopped greens, pearl couscous, dried corn, pumpkin seeds, avocado, tomatoes, feta cheese, dried cranberries; pesto buttermilk dressing

**These dishes may be served undercooked. Consuming raw or undercooked meats or eggs may increase risk for food-borne illness.*
*{gf} = Gluten Free – we are not a gluten free kitchen •{vg} = Vegetarian • {v} = Vegan • {df} = Dairy Free*