

Omelets \$16

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

Shareables



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

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 Açaí, 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 B&T 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 B&T 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

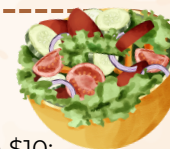
Roast Beef

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