

Omelets \$16

Beet Hummus \$16

Topped with toasted pumpkin seeds, olive oil, feta cheese; grilled pita, watermelon radish, carrots, celery, 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 \$24

Capocollo, salami, mortadella, provolone, bleu cheese, whipped ricotta, fig jam, cured olives, roasted red peppers, toasted ciabatta

Burrata \$16

Sweet tomatoes, pesto, cured olives, fresh basil, olive oil, balsamic reduction, toasted ciabatta

Warm Brie and Scones \$14

Topped with fig jam, & chopped roasted walnuts; served with mini apple scones



Toasts

Avocado {vg} \$10

Smashed avocado, tomato, pickled onions & fresnos, arugula, watermelon radish, lemon, sea salt

Salmon & Avocado \$14

Smashed avocado, chilled grilled salmon, capers, pickled red onion, sliced tomato

Prosciutto Fig \$12

Ricotta & goat cheese, fig jam, prosciutto, walnuts

Egg Salad {vg} \$10

Dill, sliced tomatoes, arugula, pickles

All omelets served with light salad & toast or English Muffin (+\$1.00)

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

Shareables

Breakfast Basics

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

Breakfast Bowl {vg} \$12

Scrambled eggs*, cheddar cheese, onions, red pepper, spinach; tomato, cilantro; avocado; wheat tortilla & salsa
Add Protein: Bacon \$4, Sausage \$4; Vegan Chorizo \$5, Chicken Sausage \$5, Chicken \$8; Salmon \$12

Blonde Benedict {vg} \$16

Basted eggs*, avocado, tomato, English muffin, hollandaise sauce; fruit cup

Morning Glory {vg} \$12

Fresh fruit & berries, Greek yogurt, house made granola (walnuts, pecans, almonds, coconut), honey

Açaí Bowl \$14

Frozen Açaí, banana, strawberry, blueberries, Coco nibs, house-made granola (with nuts), chia seeds, honey, peanut butter, coconut



Breakfast Sammies

Croissant \$12

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

English Muffin \$12

Spicy house-made chicken sausage, over hard egg*, havarti cheese, arugula, tomato

B&T Bagel \$14

Fried egg*, applewood smoked bacon, tomato, basil, goat & cream cheese

Knife & Fork \$14

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

Make it a Lunch Box: Includes chips, soft drink, and cookie \$22

Turkey B&T Wrap

Avocado, Havarti, applewood smoked bacon, green leaf, tomato, mayo; wheat wrap

Tuna Salad

Albacore, celery, red onion, fresh dill, mayo, green leaf, sweet tomato; 9 grain

Chicken Salad

Chicken breast, mayo, celery, red onion, grapes, lettuce, tomato; croissant

The Italian

Capocollo, Genoa Salami, mortadella with pistachios, provolone, arugula, roasted red peppers, spicy mustard; french baguette

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 \$14



ADD: Chicken \$8; 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

Watermelon {gf, vg}

Sweet watermelon, arugula, strawberries, cucumber, cherry tomatoes, feta cheese; strawberry vinaigrette

Apple Blue {gf, vg}

Mixed greens, tart apples, blue cheese crumbles, candied bacon, toasted walnuts, dried cranberries; apple cider vinaigrette



The Arizona Chopped \$24

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