

# 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