

# BRUNCH

## SWEDISH PANCAKES

Warm crepes (2) folded and filled with vanilla bean yoghurt, topped with fresh fruit, pecans, whipped cream & drizzled with our local syrup

6

## OVERNIGHT OAT PARFAIT

Creamy oats topped with vanilla bean yoghurt, fresh berries, granola & agave drizzle (20oz.)

6

## EVERYTHING AVOCADO TOAST

Toasted Heidelberg bread (2) topped with smashed avocado, Pico de Gallo, micro-greens, everything seasoning & a balsamic glaze drizzle

7

## FIG & APRICOT CHEVRE TOAST

Toasted Heidelberg (2) with fig & apricot jam and a garlic & herb chèvre spread

5

## BREAKFAST SANDWICH

Your choice of bagel - topped with bacon, local egg\*, pepper jack cheese & a basil pesto aioli

7

## QUICHE MUFFINS

Local egg scrambled and layered with fresh bacon bits, roasted red peppers, tomato, garlic chèvre, mozzarella & basil (3)

7

## TOASTED BAGEL

Your choice of bagel - topped with creamy local Stoltzfus butter or cream cheese

4

## GRILLED CHEESE

4

## BLT ON CIABATTA

6

## GRILLED CHICKEN PANINI

Organic grilled chicken with roasted red peppers, tomato, mozzarella, fresh basil & balsamic glaze

10



## ACAI BOWL

Organic Açaí base with vanilla bean  
yoghurt, fresh berries, banana,  
granola & agave drizzle  
12

## SIDES

Coleslaw 3  
Macaroni Salad 3  
Applesauce Cup 2  
Chips 2  
Extra egg 1  
Extra Bacon 2

## DRINKS

Utica Roasted Coffee 3  
Herbal Tea 2  
Cold Brew 4 With foam 5  
Iced Matcha Latte 5  
Goldenmilk Latte 5  
Apple Juice 2  
Bottled Water 2  
Sweet Tea 3  
Body Armour Drinks 3



**Open Monday - Friday**  
**9am-2pm**

**Call ahead or text for to-go's**  
**607-353-5225**

## SMOOTHIES

8oz \$4 20oz \$6

Tropical Smoothie  
Chocolate PB Protein Shake  
Strawberry Banana Smoothie  
Blueberry Banana Smoothie

## ADD-INS

\$2

Organic Acai  
Organic Matcha  
Organic Maca Powder  
rBST-free Collagen Powder  
Organic Goji Berries  
Grass-fed Protein (Choc/Van Whey or  
Vegan Vanilla)

\$1

Wheat Grass  
Coconut  
Granola  
Peanut Butter/Almond Butter  
PB2  
Flax Seed  
Chia Seeds  
Antioxidant Blend  
Blueberries  
Strawberries  
Banana

## SWEETS

Gourmet Brownies  
Variety Cookies & Muffins  
Krispy Treats  
Mini Pies

Peanut Brittle Bark , Granola & MORE