



Appetizers and Lite Bites

Heavenly Hummus7.75

Served with cucumbers, carrots and Nita crisps or gluten free multigrain chips

Pesto Pizzaz.....7.75

Creamy dip topped with basil pesto, tomatoes, drizzled with balsamic glaze and served warm with Nita crisps or gluten free multigrain chips

Caprese Skewers 7.75

Four skewers with mozzarella, cherry tomatoes, basil, drizzled with balsamic glaze

Warm Pretzel w/homemade cheese sauce....6.00

Chicken Salad bowl 8.75

Served with cucumber slices and Nita crisps or gluten free multigrain chips

Mozzarella Bruschetta 8.75

Toasted ciabatta topped with tomatoes, garlic, fresh mozzarella, fresh basil, drizzled w/olive oil and balsamic glaze

Chips and homemade Queso w/salsa 6.00

*Beer, wine and appetizers are \$1.00 off during **happy hour***

Monday - Friday 3:00pm-6:00pm

Saturday - Sunday all day

Dessert Options

Ask us what is in the pastry case as it rotates

Kid's Menu

recommended for children 12 and under

- Croissants
- Flavored Croissants
- Cinnamon Rolls
- Assorted Scones
- Peanut Butter Chocolate Brownies
- Carrot Cake
- Flourless Chocolate Cake
- Pumpkin Chocolate Muffin
- Assorted Muffins
- Gluten Free Biscotti
- Gluten Free Outrageous Bread
- Gluten Free Off the Farm Bars

All items are \$4.95 and come with a side of chips, pasta salad or fruit.

- Macaroni and cheese
- Chips and Cheese
- Grilled cheese
- Ham and cheese
- Turkey and cheese
- Peanut butter and jelly

Sandwiches are ½ sandwiches and are available on sourdough or wheat bread.



Breakfast

(served all day)

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| Quiche (flavors rotate)* | 6.25 |
| Spinach, sausage, green chili or Lorraine served with fruit | |
| Breakfast Panini | 7.75 |
| Ciabatta roll or croissant with egg, provolone cheese, and choice of sausage, ham, or bacon served with fruit | |
| Smothered Breakfast Burrito* | 8.75 |
| Burrito smothered in green chili with choice of sausage, ham, or bacon | |
| Smothered Gluten Free Breakfast Burrito* | 8.75 |
| Oatmeal | 6.25 |
| Served with granola, brown sugar, mixed berries | |
| Breakfast Bagel | 7.25 |
| Bagel, egg, cheese, choice of sausage, ham, or bacon, served with fruit | |
| California Breakfast Bagel | 6.95 |
| Bagel, egg, cream cheese, tomatoes, served with fruit | |
| Genoa Breakfast Bagel | 6.25 |
| Bagel, pesto cream cheese, chopped tomatoes, balsamic glaze, served with fruit | |
| Bagel | 3.25 |
| With cream cheese, butter, peanut butter or hummus | |
| Hard Boiled Egg | 1.00 |

*Add guacamole or sour cream (\$0.50)

Lunch

(served all day)

All sandwiches served with choice of side: chips, pasta salad, or seasonal fruit. Sandwiches are available on whole wheat, sourdough, ciabatta roll, wrap, or croissant (gluten free bread available for additional \$0.75)

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| Ham and Cheese Croissant | 9.25 |
| Ham, provolone, house dressing or fig jam | |
| Chicken Salad Croissant | 9.25 |
| Chicken salad, tomato, greens | |
| Veggie Paninis or Wraps | 9.25 |
| Veggie: Artichoke hearts, tomatoes, onions, provolone cheese, basil pesto, greens, ciabatta roll or wrap | |
| Heavenly Hummus: Hummus, feta cheese, cucumber, tomato, roasted red pepper, greens, ciabatta roll or wrap | |
| California Turkey | 9.50 |
| Turkey, bacon, provolone cheese, cucumbers, tomatoes, greens, mayo, guacamole, whole wheat or sourdough | |
| Fort Collins Panini | 9.25 |
| Grilled chicken, roasted red peppers, mozzarella cheese, onions, basil pesto, ciabatta roll | |
| Grilled Cheese and Bacon | 8.95 |
| Provolone, cheddar and swiss cheeses, bacon, whole wheat or sourdough | |
| BLT | 8.95 |
| Bacon, lettuce, tomatoes, mayo, whole wheat or sourdough | |

SALADS and MACARONI & CHEESE

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| "Breakfast Salad" | 9.25 |
| Mixed greens, egg, avocado, tomatoes, feta cheese, bacon, walnuts, olive oil, and balsamic glaze | |
| Seasonal Salad | 8.25 |
| Strawberry, Apple or Asian Zing w/homemade dressing. Ask what is available. Add chicken (\$2.00) | |
| *House Salad | 8.25 |
| Mixed greens, tomatoes, grapes, feta cheese, house dressing. Add chicken (\$2.00) | |

* Available as side salad for \$4.95

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| Chicken Salad on Greens | 9.25 |
| Chicken salad, tomatoes, grapes, greens | |
| Caprese Salad | 8.75 |
| Mozzarella cheese, tomatoes, basil, olive oil, balsamic glaze | |
| Macaroni with Homemade Cheese Sauce | 7.95 |
| Add bacon or chicken w/pesto (\$2.00) | |