



## Breakfast

(served all day)

<b>Quiche (flavors rotate)*</b> .....	<b>6.25</b>
Spinach, sausage, green chili or Lorraine served with fruit	
<b>Breakfast Panini</b> .....	<b>7.25</b>
Ciabatta roll or croissant with egg, provolone cheese, and choice of sausage, ham, or bacon served with fruit	
<b>Smothered Breakfast Burrito*</b> .....	<b>8.50</b>
Burrito smothered in green chili with choice of sausage, ham, or bacon	
<b>Smothered Gluten Free Breakfast Burrito*</b> .....	<b>7.75</b>
Homemade GF burrito smothered in green chili with choice of sausage, ham, or bacon	
*add guacamole or sour cream (\$0.50)	
<b>Oatmeal</b> .....	<b>5.95</b>
Served with granola, brown sugar, mixed berries	
<b>Granola Bowl</b> .....	<b>5.95</b>
Homemade granola, served with milk or yogurt	
<b>Breakfast Bagel</b> .....	<b>6.95</b>
Bagel, egg, cheese, choice of sausage, ham, or bacon, served with fruit	
<b>California Breakfast Bagel</b> .....	<b>6.50</b>
Bagel, egg, cream cheese, tomatoes, served with fruit	
<b>Genoa Breakfast Bagel</b> .....	<b>6.00</b>
Bagel, pesto cream cheese, chopped tomatoes, balsamic glaze, served with fruit	
<b>Bagel</b> .....	<b>2.95</b>
With cream cheese, butter, peanut butter or hummus	
<b>Hard Boiled Egg</b> .....	<b>1.00</b>

## 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)*

<b>Ham and Cheese Croissant</b> .....	<b>8.75</b>
Ham, provolone, house dressing or fig jam	
<b>Chicken Salad Croissant</b> .....	<b>8.75</b>
Chicken salad, tomato, greens	
<b>Veggie Paninis or Wraps</b> .....	<b>8.75</b>
<b>Veggie:</b> Artichoke hearts, tomatoes, onions, provolone cheese, basil pesto, greens, ciabatta roll or wrap	
<b>Heavenly Hummus:</b> Hummus, feta cheese, cucumber, tomato, roasted red pepper, greens, ciabatta roll or wrap	
<b>California Turkey</b> .....	<b>8.95</b>
Turkey, bacon, provolone cheese, cucumbers, tomatoes, greens, mayo, guacamole, whole wheat or sourdough	
<b>Fort Collins Panini</b> .....	<b>8.75</b>
Grilled chicken, roasted red peppers, mozzarella cheese, onions, basil pesto, ciabatta roll	
<b>Grilled Cheese and Bacon</b> .....	<b>8.50</b>
Provolone, cheddar and swiss cheeses, bacon, whole wheat or sourdough	
<b>BLT</b> .....	<b>8.50</b>
Bacon, lettuce, tomatoes, mayo, whole wheat or sourdough	

### SALADS and MACARONI & CHEESE

<b>"Breakfast Salad"</b> .....	<b>8.95</b>
Mixed greens, egg, avocado, tomatoes, feta cheese, bacon, walnuts, olive oil, and balsamic glaze	
<b>Seasonal Salad</b> .....	<b>7.95</b>
Strawberry, Apple or Asian Zing w/homemade dressing. Ask what is available. Add chicken (\$2.00)	
<b>*House Salad</b> .....	<b>7.95</b>
Mixed greens, tomatoes, grapes, feta cheese, house dressing. Add chicken (\$2.00)	
* Available as side salad for \$4.50	

<b>Chicken Salad on Greens</b> .....	<b>8.75</b>
Chicken salad, tomatoes, grapes, greens	
<b>Caprese Salad</b> .....	<b>8.75</b>
Mozzarella cheese, tomatoes, basil, olive oil, balsamic glaze	
<b>Macaroni with Homemade Cheese Sauce</b> .....	<b>7.75</b>
Add bacon or chicken w/pesto (\$2.00)	



## Appetizers and Lite Bites

**Heavenly Hummus** ..... 7.75

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

All appetizers are \$1.00 off during happy hour from 3:00pm-5:00pm daily.

## 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.