



APPETIZERS AND LIGHT BITES

Heavenly Hummus7.95

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

Caprese Skewers 7.95

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

Mozzarella Bruschetta 8.95

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

Warm Pretzel w/homemade cheese sauce....6.50

Mustard available upon request

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
- Blueberry Muffin
- Gluten Free Biscotti
- Gluten Free Outrageous Bread

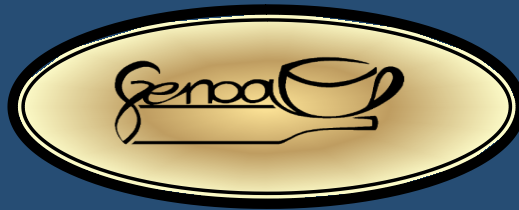
All items are \$5.95 and come with a side of chips, pasta salad or fruit.

- 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)



Lunch

(served all day)

Quiche (flavors rotate)*	7.50
House made; rotating flavors including spinach, sausage, green chili or Lorraine served with fruit; ask your server what is available	
Breakfast Panini	8.50
Ciabatta roll or croissant with egg, provolone cheese, and choice of sausage, ham, or bacon served with fruit	
Smothered Breakfast Burrito*	9.50
Burrito smothered in green chili with choice of sausage, ham, or bacon	
Smothered Gluten Free Breakfast Burrito*	9.50
Oatmeal	7.25
Served with granola, brown sugar, mixed berries	
Breakfast Bagel	7.95
Bagel, egg, cheese, choice of sausage, ham, or bacon, served with fruit	
Genoa Breakfast Bagel	7.25
Bagel, pesto cream cheese, chopped tomatoes, balsamic glaze, served with fruit	
Bagel	3.95
With cream cheese, butter, peanut butter or hummus	
Hard Boiled Egg	1.50

*Add guacamole or sour cream (\$0.50)

*Add extra meat (\$3.50)

*Add extra egg patty (\$2.50)

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)

Ham and Cheese Croissant	9.95
Ham, provolone, house dressing or fig jam	
Chicken Salad Croissant	9.95
Chicken salad, tomato, greens	
Veggie Paninis or Wraps	9.95
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	10.25
Turkey, bacon, provolone cheese, cucumbers, tomatoes, greens, mayo, guacamole, whole wheat or sourdough	
Fort Collins Panini	10.25
Grilled chicken, roasted red peppers, mozzarella cheese, onions, basil pesto, ciabatta roll	
Grilled Cheese and Bacon	9.95
Provolone, cheddar and swiss cheeses, bacon, whole wheat or sourdough	
BLT	9.95
Bacon, lettuce, tomatoes, mayo, whole wheat or sourdough	

SALADS, SOUP and MACARONI & CHEESE

"Breakfast Salad"	9.95
Mixed greens, egg, avocado, tomatoes, feta cheese, bacon, walnuts, olive oil, and balsamic glaze	
Seasonal Salad	8.75
Rotating Strawberry, Apple or Asian Zing salad all w/homemade dressing; ask what is "in season". Add chicken (\$3.50)	
Chicken Salad on Greens	9.95
Chicken salad, tomatoes, and greens	

Caprese Salad	9.50
Mozzarella, tomatoes, basil, olive oil, balsamic glaze	
Macaroni with Homemade Cheese Sauce	8.25
Add bacon or chicken w/pesto (\$3.50)	
Soup of the day	Bowl 6.75
	Cup 5.25