

# Breakfast

**Bagel ~ \$4.50**

with regular or vegan cream cheese

**Bacon, Egg & Cheese Bagel ~ \$7.50**

**California Breakfast Bagel ~ \$7.50**

Avocado, Cucumber, Microgreens, Tomato, Cream Cheese

**PB Toast ~ \$7.50**

Peanut Butter, Banana, Cinnamon, Honey

**Nutella Toast ~ \$7.50**

Nutella, Chia Seeds, Banana or Strawberry

**Avocado Toast ~ \$7.50**

Avocado, Everything Bagel Seasoning, Sprouts

**Caprese Toast ~ \$7.50**

Avocado, Cherry tomato, Basil Sprouts,  
Mozzarella, Balsamic Glaze

**Parfait ~ \$7.50**

Organic Vanilla Greek Yogurt, Strawberries, Blueberries, Granola, Local Raw Honey

**Fruit Cup ~ \$7.50**

**Southwest Breakfast Tortilla Wrap ~ \$12.00**

Egg, Cheese, Onion, Pepper, Black Bean Salsa



# Lunch

**Tuna Melt ~ \$11.50**

Enjoy on Toast or Bagel

**Chicken, Egg, or Tuna Salad ~ \$11.50**

Enjoy on a Wrap, Toast or Bagel

**Classic Grilled Cheese ~ \$11.50**

Sharp Cheddar, Creamy Havarti, Multi-Grain Bread, Melted to Perfection!

**Avocado Panini ~ \$12.50**

Avocado, Havarti Cheese, Tomato, Spinach, Pesto Cream Cheese

**Chipotle Chicken Sandwich ~ \$12.50**

Chipotle Sauce, Chicken, Avocado, Spinach, Gouda Cheese, Multi-Grain Bread

**Pesto Chicken Panini ~ \$12.50**

Pesto, Chicken, Mozzarella, Tomato, Balsamic Glaze

**Berry Balsamic Grilled Cheese ~ \$12.50**

Berry Compote, Spinach, Mozzarella, Balsamic Glaze, Multi-Grain Bread

**Roasted and Red Panini ~ \$12.50**

Roasted Red Pepper, Tomato, Harissa Sauce, Red Onion,  
Spinach, Hummus, Avocado, Cucumber

**Spring Rolls ~ \$12.50**

Peanut Dipping Sauce, Rice Noodles, Lettuce, Red Cabbage,  
Carrots, Cucumber, Jalapeño, Green Onion, Cilantro, Mint  
all wrapped into a Spring roll

**Quinoa Veggie Wrap ~ \$12.50**

Quinoa, Tomato, Red Onion, Hummus, Avocado, Cucumber, Romaine,  
Microgreens, Oil-Free Green Goddess Dressing