



Breakfast

BREAKFAST SANDWICH 6.25

Eggs, Muenster, bacon, greens chipotle aioli on toast or croissant

AVOCADO TOAST 5.50

Avocado, jalapeno tomato jelly, garlic puree on our house toast, micro greens

THE CONTINENTAL 10.50

House toast with homemade jam and butter, poached egg, bacon and organic baby arugula with balsamic vinaigrette

NO CARB BLAST 11.50

Two poached eggs on a bed of organic baby arugula, bacon, andouille sausage and optional blue cheese crumbles

TOAST 3.50

House toast with homemade jam and butter.

FARRO BOWL 8.75

Organic farro, poached egg, bacon, sautéed grape tomato & onion, pesto, mascarpone, toast

BREAKFAST TACOS 4.25

Eggs, cheese, bacon, lettuce, house spicy pepper honey salsa

BREAKFAST SALMON WRAP 8.25

Eggs, lox, dill sauce, greens, capers, red onion

Fresh Baked Croissant 3.50

House-made jam and butter

FRITTATA 4.50

Baked eggs with potatoes, cheese. Like quiche without a crust. Ask for daily specials.

ADDITIONS

Bacon 3, Spicy Sausage 3, Avocado 2, poached egg 2.5, Cured Salmon 4, Extra Toast 2, Dressed Greens 3



Lunch

<u>CHICKEN SALAD SANDWICH</u>	<u>9.25</u>
House roasted spicy lime rosemary chicken with salad or chips: House toast, wrap or croissant	
<u>HOUSE CLUB</u>	<u>9.75</u>
House roasted spicy lime rosemary chicken, bacon, arugula, chipotle aioli on house toast with salad or chips	
<u>Vegan Asian Chickpea Wrap</u>	<u>8.50</u>
Spicy Chickpea/edamame salad with house ginger cucumbers, whole wheat wrap, chips or salad	
<u>PASTRAMI & BRIE</u>	<u>9.25</u>
Pastrami, brie, horseradish aioli, house toast or croissant	
<u>GRILLED CHICKEN SALAD</u>	<u>9.50</u>
House lime-rosemary chicken, spring greens, walnuts, cranberries, bacon and house croutons	
<u>VEGAN VEGETARIAN SALAD</u>	<u>8.50</u>
Ginger, lime chickpea mix, spring greens, cranberries, walnuts, croutons	

Snacks

<u>HUMMUS PLATE</u>	<u>9</u>
Trio of plain, spicy, and Thai curry hummus with cucumber slices and pita chips	
<u>SPICEY CASHIEWS</u>	<u>3.5</u>
Cashews sautéed with butter, cayenne and brown sugar	

Adult Beverages

<u>CRAFT COCKTAILS</u>	<u>8</u>
Try the amazing Espresso Martini, Jalapeno Margarita, and other Craft Cocktails	
<u>WINE</u>	<u>5- 8</u>
Red, White and Sparkling	
<u>BEER</u>	<u>5</u>
<u>MIMOSA / BELINNI</u>	<u>6</u>