



**Life is Sweet**  
BAKERY & CAFE  
GLUTEN FREE

***Breakfast and Lunch Served til 2:00pm***

***Breakfast***

**Simple Breakfast-** (2) Eggs any style, (2) bacon or sausage, and your choice (2) buttered toast and jam- \$15

**Westside Avocado Toast** - Garlic aioli and avocado spread on 2 pieces of 7-grain toast topped with a sunny side up egg- \$14 (Extra egg +\$2.50) **DF**

**Pancakes-** (3) Served with butter, syrup and whip cream on the side- \$15 (**DF** with no butter or whip, contains oat milk)

**Almond Flour Belgian Waffle-** Served with whip cream and berries- \$16

**Egg Sandwich-** Folded egg scramble, bacon, cheddar cheese served on a sandwich roll- \$14

**Breakfast Burrito-** **GF** Flour tortilla (contains oats) filled with scrambled eggs, roasted potatoes, onion, tomato, mozzarella, cilantro and bacon or sausage with a side of sour cream and housemade salsa (mild or spicy)- \$16 (Add avocado +\$3)

**Spring Omelet-** Sautéed tomato and onion, spinach and cheddar cheese topped with avocado served with roasted potatoes or fruit and your choice of buttered toast and jam- \$18 (Add bacon or sausage in omelet +\$2)

**Spanish Omelet-** Spicy sausage, sautéed bell pepper and onion, mozzarella topped with roasted salsa served with roasted potatoes or fruit and your choice of buttered toast and jam- \$20

**Greek Yogurt-** Housemade granola (rolled oats, almonds, pecans, apricots, dried cranberries and coconut)- \$12 (Add berries +3)

**Rolled Oats-** Served with brown sugar, raisins, pecans and cream on the side- \$10 **DF** (sub raisins and pecans for berries +3)

**Toast Options:** 7 Grain, White, Cinnamon, Sourdough, English muffin

***Lunch***

**Turkey, Bacon, Avocado Sandwich-** Garlic aioli, lettuce and tomato served on white toast with your choice of side (chips, fruit, potato salad or side salad)- \$18 **DF**

**Chicken Pesto Sandwich-** garlic aioli, lettuce, tomato and provolone cheese served on sourdough toast with your choice of side (chips, fruit, potato salad or side salad)- \$18 (Pesto contains dairy)

**Veggie Wrap-** **GF** Flour tortilla (contains oats) filled with hummus, roasted bell pepper, cucumber, onion, lettuce, tomato with your choice of side (chips, fruit, potato salad or side salad) \$16 (Add avocado +3) **DF**

**Grilled Cheese and Tomato Soup-** Parmesan crusted white bread with provolone and gouda with cream of tomato soup- **Cup- \$14 Bowl- \$18**

**Caprese Avocado Toast-** Garlic aioli and avocado spread on 2 pieces of 7-grain toast topped with tomato, fresh mozzarella, basil and balsamic glaze- \$14 (Add an egg +\$2.50)

**Iron Horse Burger-** ½ Pound grass fed burger on a roll served with lettuce, tomato and your choice of side (chips, fruit, potato salad or side salad)- \$20  
(Add cheese +\$2, bacon +\$4, avocado +\$3, grilled onions +\$3)

**Summer Salad-** Spinach, turkey, onion, apples, dried cranberries, candied walnuts and feta served with your choice of housemade dressing (ranch or balsamic vinaigrette)- \$18

**Chopped Salad-** Mixed greens, chicken, bacon, onion, tomato and avocado served with your choice of housemade dressing (ranch or balsamic vinaigrette)- \$18

### **Kids**

*Includes kids drink  
(12 and under please)*

**Kids Simple Breakfast-** (1) Egg any style, (1) toast of your choice, (1) bacon or sausage- \$13

**Pancakes-** (2) Served with syrup and whip cream and a side (bacon, sausage or fruit)- \$13 (**DF** with no whip)

**Almond Flour Belgian Waffle-** Served with whipped cream and a side (bacon, sausage or fruit)- \$13

**Grilled Cheese-** White bread and cheddar cheese served with your choice of side (chips or fruit)- \$13

**Quesadilla- GF** Flour tortilla (contains oats) with mozzarella and your choice of side (chips or fruit)- \$13

**Hot Dog-** Served on a bun with your choice of side (chips or fruit)- \$13 **DF**

**Peanut Butter and Jelly-** Served on white bread with your choice of side (chips or fruit)- \$13 **DF**

### **Sides**

**Eggs** (2)- \$5

**Bacon** (4)- \$9

**Sausage** (3)- \$9

**Buttered Toast and Jam** (2)- \$6

**Roasted Potatoes-** \$5

**Fresh Fruit-** \$4

**Avocado-** \$3

**Cream of Tomato Soup** Cup- \$5 Bowl- \$9

**Salad-** Mixed greens, tomato, onion, cucumber served with your choice of dressing- \$7

**Potato Salad** (contains dairy)- \$5

**Potato Chips-** \$2

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**Toast Options:** 7 Grain, White, Cinnamon raisin, Sourdough, English muffin

**Df-Dairy free**

**“Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness”**