

COLD SANDIES

W/ MIXED GREENS + HOUSE VINAIGRETTE
POTATO SALAD +3 //CHIPS +1.50 //SWEET POTATO FF +3.50
GLUTEN FREE BREAD +1.50 PER SLICE

TURKEY + AVOCADO 14.00

ROASTED TURKEY, AVOCADO, LETTUCE, TOMATO
MUENSTER CHEESE, SPROUTS, MAYO ON WHEAT

TUNA ADD AVO +3 13.00

HOUSE MADE TUNA SALAD (RED ONION, CELERY
GREEN GRAPES) LETTUCE, TOMATO, SPROUTS ON
WHEAT

VEGGIE STACK MAKE IT VEGAN 12.50

AVOCADO, LETTUCE, TOMATO, CUCUMBER
MUENSTER CHEESE, SPROUTS, MAYO, PICKLES
ON WHEAT

COLD HAM + SWISS 13.00

ALL NATURAL HAM, SWISS CHEESE, PICKLES
LETTUCE, TOMATO, DIJON AIOLI ON SOURDOUGH

EGG SALAD 11.50

EGG SALAD (MAYO, GREEN ONION) LETTUCE
TOMATO ON WHEAT

CHICKPEA SALAD VEGAN 12.00

CHICKPEA SALAD (VEGAN MAYO, DIJON, RED ONION
PICKLES) LETTUCE, TOMATO, SPROUTS ON WHEAT

BLT ADD AVO +3 12.50

BACON, LETTUCE, TOMATO, MAYO
ON TOASTED SOURDOUGH

ITALIAN 14.50

SALAMI, HAM, LETTUCE, TOMATO, MAYO, PESTO
ON TOASTED SOURDOUGH

PRESSED SANDIES

W/ MIXED GREENS + HOUSE VINAIGRETTE
POTATO SALAD +3//CHIPS +1.50 //SWEET POTATO FF + 3.50
GLUTEN FREE BREAD +1.50 PER SLICE
ON PRESSED SOURDOUGH

CUBANO 14.50

SLOW ROASTED PORK, HAM, PICKLES, SWISS
CHEESE, DIJON AIOLI

PULLED PORK 14.00

SLOW ROASTED PORK, RED ONION, BBQ SAUCE
MUENSTER CHEESE

BBQ CHICKEN 14.00

CHICKEN, RED ONION, MUENSTER CHEESE

CB+A 14.00

CHICKEN, BACON, AVOCADO, CHIPOTLE MAYO
SWISS CHEESE

HOT HAM + SWISS 14.00

HAM, PICKLES, DIJON AIOLI, SWISS CHEESE

TUNA MELT 14.00

TUNA SALAD (RED ONION, CELERY, GREEN GRAPES)
MUENSTER CHEESE

THREE CHEESE ADD BACON +3 13.00

SWISS, MUENSTER, MOZZARELLA CHESES

CAPRESE ADD CHICKEN +3 13.00

TOMATO, PESTO, MOZZARELLA CHEESE

VEGGIE VEGAN 13.00

ROASTED BELL PEPPER, ONION, ZUCCHINI , YELLOW
SQUASH, AVOCADO, HUMMUS

HOUSE PITAS

W/ MIXED GREENS + HOUSE VINAIGRETTE
POTATO SALAD +3//CHIPS +1.50 //SWEET POTATO FF + 3.50
GLUTEN FREE BREAD +1.50 PER SLICE

CHICKEN PESTO 14.50

CHICKEN, PESTO, TZATZIKI , RED ONION, TOMATO
CUCUMBERS, FETA CHEESE

GYRO 14.50

LAMB + BEEF GYRO, TZATZIKI, RED ONION, TOMATO
CUCUMBER, FETA CHEESE

VEGGIE VEGAN 14.50

ROASTED BELL PEPPER, ONION, ZUCCHINI , YELLOW
SQUASH, SPROUTS, HUMMUS

FALAFEL 14.50

FALAFEL, TZATZIKI, RED ONION, TOMATO, CUCUMBER,
FETA

SNACKS + SHARES

BBQ CHICKEN FRIES 13.50

SWEET POTATO FRIES, BBQ CHICKEN, CILANTRO

STUFFED AVOCADO 12.50

TUNA: TUNA + SPROUTS

CHICKPEA: CHICKPEA SALAD + SPROUTS

VEGGIE: ROASTED VEGGIE + HUMMUS

PITA + HUMMUS 5.00

SOFT PITA + HOUSE MADE HUMMUS

SMOOTHIES + BOWLS

BOWLS INCLUDE: GRANOLA, CHIA, COCONUT, FRUIT + HONEY
ADD COLLAGEN +1 // MATCHA +1 // PROTEIN +1

	SMOOTHIE	BOWL
TROPICAL MANGO PITAYA, STRAWBERRIES, MANGO, APPLE JUICE	10.50	14.50
STRAWBERRY BANANNA STRAWBERRIES, BANANA, APPLE JUICE	10.50	14.50
AÇAÍ BERRY AÇAÍ, MIXED BERRIES, APPLE JUICE	10.50	14.50
PB+A AÇAÍ, BERRIES, PEANUT BUTTER, ALMOND MILK	10.50	14.50
GREEN MACHINE SPINACH PINEAPPLE, MANGO, COCONUT MILK	10.50	14.50
PINA COLADA PINEAPPLE, BANANA, COCONUT, MANGO, COCONUT MILK	10.50	14.50
RASPBERRY TROPICS RASPBERRY, MANGO, PINEAPPLE, APPLE JUICE	10.50	14.50

BREAKFAST

ENDS AT NOON

THE METROPOLE BURRITO SCRAMBLED EGG, CHORIZO, SAUSAGE OR BACON, HASH BROWNS, CHEDDAR, SALSA.	11.00
BREAKFAST SANDWICH SCRAMBLED EGG, BACON, CHEDDAR, CHIPOTLE, SOURDOUGH	11.00
VEGGIE WRAP SCRAMBLED EGG, ZUCCHIN, ONION, MUSHROOM, QUINOA	10.00
GRAIN BOWL EGG WHITES, AVOCADO, CARROTS, MUSHROOM, ZUCCHINI QUINOA, GINGER VINAIGRETTE	14.00
BAGEL N' LOX BAGEL, WHIPPED CREAM CHEESE, CAPERS, SLICED ONION EVERYTHING BAGEL SEASON	15.00

AVO TOASTS

ON SOURDOUGH // GLUTEN FREE BREAD + 1.50 PER SLICE

	HALF	FULL
SIMPLE PLAIN AND SIMPLE-TOAST WITH SMASHED AVO	8.00	10.50
SAVORY SMASHED AVO, OVER EASY EGG	10.00	12.00
BALSAMIC SMASHED AVO, TOMATO, BASIL, BALSAMIC ADD FRESH MOZZARELLA +1.50	10.00	12.50
CLEAN SMASHED AVO, TOMATO, CUCUMBER, SPROUTS	10.00	12.50
CATALINA SMASHED AVO, OVER EASY EGG, BACON OR HAM	10.00	13.50
SPICY SMASHED AVO, CUCUMBER, TOMATO, HARD BOILED EGG, SIRACHA	10.00	12.50

ANTI AVO TOAST

ON SOURDOUGH // GLUTEN FREE BREAD + 1.50 PER SLICE

	HALF	FULL
PB+B PEANUT BUTTER, BANANAS, CINNAMON, HONEY	8.00	10.50
CHICKPEA HUMMUS, CUCUMBER, TOMATO, SPROUTS	7.50	10.00
THE GOAT GOAT CHEESE WITH RED PEPPER FLAKES	8.00	10.50
NOT A BAGEL CREAM CHEESE, CUCUMBER, TOMATO, EVERYTHING BAGEL SEASONING	8.00	10.00

GREENS

ADD CHICKEN 3.00 // ADD AVOCADO 2.00
ADD CHICKPEA SALAD 3.00

CLASSIC CAESAR ROMAINE, HOUSE MADE CROUTONS, SHAVED PARMESAN, CAESAR DRESSING	10.00
LOADED CAESAR ROMAINE, CHICKEN, BACON, HARD BOILED EGGS AVOCADO, HOUSE MADE CROUTONS, SHAVED PARMESAN, CAESAR	13.50
MEDITERRANEAN CHOPPED ROMAINE, CHICKEN, TOMATOES, CHICKPEAS KALAMATA OLIVES, ONION, CUCUMBER, FETA CHEESE, TZATZIKI, MEDITERRANEAN VINAIGRETTE	14.50
BBQ CHICKEN SALAD ROMAINE, BBQ CHICKEN, BACON, HARD BOILED EGG, GREEN ONION CHIPOTLE RANCH, BBQ DRIZZLE	13.50
TUNA SALAD ORGANIC SPRING GREENS, TUNA SALAD, TOMATO SPROUTS, CUCUMBER, BALSAMIC	13.50
CATALINA COBB ORGANIC SPRING GREENS, CHICKEN, AVOCADO BACON, HARD BOILED EGG, TOMATOES, HOUSE MADE CROUTONS, RANCH	14.50
VEGGIE BURGER LETTUCE, ONION, TOMATO, CHIPOTLE MAYO, CHEESE, AVOCADO, SPROUTS ON A BRIOCHE BUN	15.00