



Baked Goodies

Homemade cookies & other baked goods; regular & gluten free!

Check social media for weekly specials.

Sandwiches

Breakfast Burritos \$5 bacon, egg & cheese (gf wraps available)

Avocado Toast \$8.50 avocado, tomato & everything bagel seasoning (v, veg)

It's A Meat-Mario! \$10 salami, prosciutto, pepperoni, provolone & pesto

Mo Honey \$10 turkey, fresh mozzarella, greens & honey mustard

Roman Holiday \$10 prosciutto, fresh mozzarella, greens, sundried tomatoes & balsamic vinaigrette

Salami Be Good \$10 salami, provolone, roasted red peppers, greens & garlic aioli

Parisian \$9 black forest ham, white cheddar & herb butter

The Chicken Dance \$9.50 chicken salad made with red grapes, celery & onion (can also be served as a salad bowl)

Snow Patrol \$9 fresh mozzarella, roasted peppers, marinated artichokes, greens & balsamic vinaigrette (veg)

Caprese \$9 fresh mozzarella, tomatoes, basil & balsamic vinaigrette (veg)

The Notorious V.E.G. \$9 tofu, red cabbage, artichoke hearts, red peppers, roasted onions, greens, balsamic vinegar & oil (v/veg)

Living on the Veg \$10 hummus, shredded carrots, cucumbers, red cabbage, tomatoes & greens with cilantro citrus sauce (v/veg)

Gluten Free baguette or sourdough \$1.50

Broth Bowls

\$9.50 regular/\$12.50 with chicken or tofu

Step 1-Choose Grain

- Rice, Quinoa or Rice Noodles

Step 2-Choose Veggies (pick 3, additional \$.50 each)

- shredded carrots, red cabbage, edamame, corn, black beans, roasted peppers, roasted onions, roasted sweet potatoes

Step 3-Add Protein (optional)

- Pulled Chicken or Roasted Tofu \$3

All bowls served with a hearty vegetable broth

Grain Bowls/Burritos

\$9.50 regular/\$12.50 with chicken or tofu

Step 1-Choose Base

- Rice, Quinoa or Wrap

Step 2-Choose Flavor

- El Camino black beans, corn, roasted peppers and onions, shredded cheese & chili aioli
- Cobra Kai shredded carrots, red cabbage, edamame, sesame seeds, toasted sesame oil & teriyaki sauce
- Buddha Holly shredded carrots, cherry tomatoes, English cucumbers & hummus with everything bagel seasoning & toasted sesame oil
- Darth Tater roasted sweet potatoes, corn, & black beans with cilantro citrus sauce

Step 3-Add Protein (optional)

- Pulled Chicken or Roasted Tofu

Add avocado to any bowl \$2

Smoothies

20oz-\$7.50 Blended with your choice of milk: whole, coconut or gf oat

Kokomo strawberries, raspberries, mango, & banana

Blue Monday blueberries, oatmeal, banana, acai powder, & vanilla

Green Day spinach, mango, & banana

Go Your Own Way mix and match any of our available fruit

Add Vegan or Whey Protein Powder \$1.50

Smoothie Bowls

24oz bowl-\$12.50

Step 1-Choose Base

- Drew Berrymore strawberry, raspberry & mango
- Under the Sea mango, banana & blue spirulina
- Walking on Sunshine pineapple, mango & banana
- Pixie blueberry & raspberry

Step 2-Choose Milk

- Whole, Coconut or GF Oat

Step 3-Choose 3 Toppings (\$.50 for each additional topping)

- strawberries, blueberries, banana, coconut flakes, homemade gf granola, chia seeds, peanut butter, chocolate sauce

Add Vegan or Whey Protein Powder \$1.50

Drinks

Coffee \$2/\$2.20/\$2.40, flavor shot \$.50

Latte \$4/\$4.20/\$4.40, flavor shot \$.50

Chai Latte \$4/\$4.20/\$4.40

Hot Tea \$1.80/\$2/\$2.20

Mellow Yellow \$4 homemade lemonade, flavor shot \$.50

Strawberry Fields \$4.50 our lemonade with homemade strawberry puree

Mario & Luigi \$2.50 Italian soda, choose from any of our flavored syrups

The Root Bear \$5.00 Saranac Root Beer with vanilla cold cream

Cold Brew \$4 add cold cream \$.50

Iced Latte \$4

Iced Chai Latte \$4

Iced Tea \$3.75