



## RISE & SHINE

**VEGGIE TOAST** 🍅 veg  
our house veggie cream cheese, avocado, cucumber, tomato, onion, oil & vinegar, choice bagel • \$9.50

**AVOCADO TOAST** 🍅 veg  
watercress, pickled onion, cherry tomato, olive oil, 7 grain • \$10.50

- add bacon +\$3
- add hardboiled eggs +\$3
- add sliced turkey +\$5
- add sliced ham +\$4
- add tuna salad +\$5

**BAGEL** • \$2.50  
+ cream cheese • \$4  
sub veggie cream cheese 🍅 veg +\$1

plain 🌱 • sesame 🌱 • everything 🌱  
jalapeno cheddar

**OATMEAL** 🌱 VEGAN!  
quick oats, brown sugar, raisins, dried cranberries, almonds • \$5

**CHIA YOGURT BOWL** 🌱 VEGAN!  
so delicious coconut vanilla yogurt (dairy free), chia seeds, almonds, fresh berries, mint, coconut • \$10.95

**JD BREAKFAST BURRITO**  
~ made to order ~ egg patty, sausage, bacon, cheddar cheese, hash browns, jalapenos, housemade salsa & chipotle aioli in a wheat wrap • \$11.50

- add avocado or guac +\$3
  - sub veggie patty 🍅 veg
- ~ ask us to make as a keto bowl

**THE CORNER SANDWICH**  
egg, bacon, white cheddar, havarti, chipotle mayo, rustic sourdough • \$11.50

**BYO EGG SANDWICH** 🍅 • \$4  
fresh & made-to-order  
scrambled or fried egg patty  
~ sub 'Just Egg' patty \$1.50 🌱 VEGAN!

bagel 🌱 • english muffin  
7 grain 🌱 • marble rye 🌱 • sourdough 🌱  
wheat wrap • croissant (+\$1)

**BYO EGG & CHEESE** 🍅 • \$5  
swiss • provolone • havarti • pepperjack  
white cheddar • yellow cheddar

- + BACON • \$8
- + SAUSAGE • \$8
- + CANADIAN BACON • \$8.50
- + SMOKED HAM • \$8.50
- + SLICED TURKEY • \$9

- add salsa, add jalapeno +\$1
- add produce +\$1
- add avocado or guac +\$3
- add hashbrown patty +\$1.25
- sub croissant +\$1
- sub 'Just Egg' +\$1.50 🌱 VEGAN!

## BUILD-YOUR-OWN SANDWICH

- TURKEY BREAST** • \$11
- SMOKED HAM** • \$11
- TUNA SALAD** • \$11
- JD CHICKEN SALAD** • \$11
- EGG SALAD** 🍅 veg • \$9
- PASTRAMI** • \$13

### BREAD CHOICE

8" white sub roll 🌱  
sliced: sourdough 🌱, marble rye 🌱,  
7 grain 🌱, croissant (+\$1)

### ADD CHEESE +\$1:

swiss, provolone, havarti, pepperjack  
yellow cheddar, white cheddar,

### CONDIMENTS:

lettuce, tomato, onion,  
pickle, mayo, mustard, pepperoncini

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## LUNCH duo \$11

### HALF SANDWICH

(choice of one)

Turkey • Ham • Tuna Salad  
Egg Salad 🍅 veg • The Californian 🍅 veg  
JD Chicken Salad

- ask us to make it a wrap

### PLUS CHOOSE One:

Small House Salad or  
Small Caesar Salad or  
Cup Of Soup or  
Fresh Fruit

## SANDWICHES

**CEO TURKEY CROISSANT**  
turkey, alfalfa sprouts, cucumber, tomato, fresh basil aioli & croissant • \$14

**THE CALIFORNIAN** 🍅 veg  
white cheddar, tomato, avocado, sprouts, romaine, mayo, 7 grain • \$10.50

**TUNA SALAD**  
white albacore tuna, havarti, iceberg, tomato, 7 grain • \$11

**EGG SALAD** 🍅 veg  
housemade egg salad, iceberg, 7 grain • \$9.50

**JD CHICKEN SALAD**  
our house mix (mayo, walnuts, dried cranberries, salt & pepper), lettuce, tomato, fresh baked croissant • \$11

**GRILLED CHEESE** 🍅 veg  
white cheddar, toasted sourdough • \$9.50

**TUNA MELT**  
albacore tuna salad, havarti, white cheddar, tomato, marble rye • \$11

**HOT PASTRAMI**  
havarti, dill pickles, mustard aioli, toasted marble rye • \$13

**CHICKEN SANDWICH**  
chicken breast, lettuce, swiss, tomato, onion, garlic mayo • \$12

**CHEDDAR BURGER**  
cheddar, lettuce, tomato, onion, pickle secret sauce, hawaiian bun • \$11.50  
• sub veggie patty 🍅 veg

## SALADS

**TURKEY COBB SALAD**  
turkey breast, diced bacon, greens, tomato, avocado, cucumber, chopped egg, blue cheese crumbles & ranch • \$15

**CAESAR SALAD**  
romaine, croutons, parmesan cheese, housemade caesar dressing • \$10  
• add chicken breast \$14  
• ask us to make it a wrap

**GRAND AVE SALAD**  
chicken breast, mixed greens, corn, goat cheese, dates, avocado, croutons, almonds, tomato & herb vinaigrette • \$16

**CRANBERRY APPLE SALAD**  
chicken breast, mixed greens, arugula, dried cranberries, avocado, candied walnuts & balsamic dressing • \$15

**CHICKEN FIESTA SALAD**  
romaine, black beans, corn, tomato, cotija cheese, tortilla strips, chipotle ranch • \$15  
add avocado or guac \$3

**CHINESE CHICKEN SALAD**  
iceberg, carrots, almonds, sesame seeds, green onion, won ton & chinese dressing • \$15

## Soup

**WEEKLY SOUP**  
ask about our weekly menu feature

**TOMATO BASIL SOUP** 🍅 veg  
garnished with fresh basil, croutons & our basil pesto

CUP (8 OZ) \$5.50 BOWL (12 OZ) \$7.95