



simple
fresh
food

BREAKFAST SANDWICHES	
Egg Sandwich *nf	\$8
2 fried or scrambled egg + cheese on keiser roll	
+ taylor ham, bacon, ham or sausage	\$4
+ avocado, roasted tomato or spinach	\$3
BEX Biscuit Sandwich *nf	\$12
2 fried eggs, ham, gruyere, mustard on toasted buttermilk biscuit	
Egg Burrito *nf	\$8
2 scrambled egg + cheese on a wrap	
+ taylor ham, bacon, ham or sausage	\$4
+ avocado, roasted tomato or spinach	\$3
+ smoked salmon	\$5
BEX Burrito (has pine nuts)	\$11
2 scrambled egg, pesto, roasted tomato + goat cheese	
Egg Plate *nf	\$12
2 eggs of your choice with choice of meat, breakfast potatoes + toast	

ADDITIONS	
Fruit Cup *gf, v, nf	\$5
La Fermier Yogurt *gf, nf	\$4
Coconut Yogurt *gf, v	\$5
BEX Granola *gf, v 4oz	\$3
Crispy Bacon *nf	\$6
Sausage *nf	\$6
Country Ham *nf	\$6
Breakfast Potatoes *nf	\$6

SUBSTITUTES	
Gluten Free Bread (contains nuts)	add \$2
Tofu Egg *nf	add \$3
Egg Whites *nf	add \$4

PASTRIES	
Croissant *nf	\$5
Chocolate Croissant *nf	\$5
Ham + Gruyere *nf	\$6
Croissant de Jour	\$6
Apple Turnover *nf	\$5
Scones	\$4
Muffins	\$4
Coffee Cake *nf	\$5
Quinoa Bar gf, df	\$6
Bagel	\$4

BRUNCH SPECIALTIES	
Huevos Rancheros *gf, nf	\$15
poached egg, cilantro rice, spicy black beans, avocado, salsa + corn chips	
BEX Beni *gf, nf	\$16
parsnip potato rosti topped with smoked salmon, spinach + poached egg served with salad	
Shakshuka *gf, nf	\$16
eggplant, pepper + spinach stew with poached eggs served with grilled flatbread, yogurt + hummus	
Croque Tartine Parisienne *nf	\$17
croissant topped w/ prosciutto, gruyere, spinach, + fried egg served w/ green salad	
Scotch Egg *nf	\$16
hard boil egg wrapped in sausage, herbs + fried served with cheeses, mustard, fruit + bread	
Bagel + Lox *nf	\$14
Choice of bagel toasted with cream cheese, lox, capers, chopped red onion + chopped egg	
Avocado Toast *nf	\$10
Sour dough toast topped with avocado crème and served with fruit	
+ egg (poached, fried or scrambled)	\$2
+ taylor ham, bacon, ham or sausage	\$4
+ avocado, roasted tomato or spinach	\$3
+ smoked salmon	\$5
Quiche de Jour *nf	\$15
BEX egg custard with seasonal ingredients served with green salad	
Vanilla Ricotta Pancakes *nf	\$17
3 of BEX light + fluffy pancakes served with mixed berries + maple syrup	
Add nutella	\$3
Belgium Waffles *nf	\$16
2 classic Belgium waffles served with mixed berries + maple syrup	
Add Nutella +/- or whip cream	
Sweet Potato Waffles *gf, v	\$18
Sweet potato, oat, almond base waffle with berries	
+ toasted pecans, walnuts or pistachios	\$2
Steel Cut Oats *gf, v, nf	\$10
served with mixed berries, maple syrup + cinnamon	
+ granola or banana	\$2
+ toasted pecans, walnuts or pistachios	\$2

*v vegan	*df dairy free
*gf gluten free	*nf nut free



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SANDWICHES HOT	
BEX Grilled Cheese *nf	\$14
Gruyere with fig jam + arugula on whole wheat sour dough	
+ roasted tomato	\$16
+ crispy bacon or ham	\$18
Turkey Ruben *nf	\$16
Roasted turkey breast, gruyere, Russian dressing, coleslaw on whole wheat sour dough	
Roasted Portobello Mushroom	\$15
Balsamic + herb roasted portobello mushroom, mozzarella, roasted red peppers, spinach, basil pesto on ciabatta	
+ grilled chicken	\$19
Quinoa Burger vegan *nf	\$18
Quinoa bean burger with roasted red pepper, cucumber + hummus on brioche	
*serve over Garden Salad gluten free	\$20

SANDWICHES COLD	
Filet Mignon + Horseradish *nf	\$14
Filet mignon with horseradish crème + arugula on baguette	
Prosciutto + Fig *nf	\$14
Prosciutto, fig jam, manchego, arugula on French baguette	
Chicken Salad Croissant *nf	\$12
Fresh roasted chicken salad with greens on croissant	
Peruvian Vegetable Burrito *v, nf	\$12
Roasted sweet potatoes, black beans, peppers, corn, quinoa with Aji Verde (peruvian green sauce contains cashews)	
Turkey + Avocado Wrap *nf	\$14
Roasted turkey, avocado crème, salsa on spinach on whole wheat wrap	

SOUP + CHILI	
Chicken Chili *gf, nf	\$12
Pulled Chicken with onions, jalapenos, sweet potatoes, cannellini beans, tomato with cumin + oregano + cornbread	
Soup de Jour	\$8
Served with pretzel	\$12
Served with ½ Sandwich*	\$16
*excludes quinoa burger	

EXTRAS	
Soft Pretzel	\$5
Potato Chips	\$3
Bread + Butter Pickles	\$2

SALADS COLD	
Lentil + Cauliflower Salad *gf, v, *nf	\$10
French lentils, roasted cauliflower, roasted radishes, caramelized shallots, spinach, cilantro, pistachio + lime	
Spring Quinoa Salad *v, gf, nf	\$10
Asparagus, peas, snow peas, quinoa, goat cheese, radish, spinach, toasted sunflower seeds + lemon vinaigrette	
Thai Noodle Salad *v, gf (contains peanuts)	\$10
Rice noodle, cabbage, carrots, radish, bell pepper, scallions, cilantro, jalapeno, peanuts, ginger, garlic, orange juice + tamari	
Cobb Salad *v, gf, nf	\$18
Grilled chicken, mixed greens, avocado, bacon, carrots, grape tomatoes, hard boil eggs + blue cheese	
Strawberry Walnut Salad *gf	\$14
Arugula, strawberries, candied walnuts, dried blueberries, feta + red onion w/ walnut vinaigrette	

BEX BOWLS vegan + gluten free	
Greek Souvlaki Bowl *v, gf, nf, keto	\$18
Greek flavor profile portobello mushroom with cauliflower rice, cucumber, tomato, avocado, watercress + roasted vegetables	
Bali Bowl *gf, v (has peanuts)	\$17
Roasted sweet potatoes, black rice, avocado, carrots, snow peas, red cabbage + watermelon radish w/ peanut sauce	

ADDS for the salads or bowls	
Grilled Chicken Breast	\$10
Seared Salmon	\$14
Grilled Shrimp	\$12
Braised Tofu	\$10
Egg poached or hard boiled	\$3

KIDS MENU	
American Grilled Cheese *nf	\$10
American Cheese on Sour Dough with Fruit	
Mac + Cheese *nf	\$12
Elbow pasta w/ cheese sauce including gruyere, parmesan + cheddar garnish with toasted panko	
Scrambled Eggs + Bacon *nf	\$9
2 scrambled eggs with 2 pieces of bacon + toast	
Bagel with Butter *nf	\$5

DESSERTS	
Cookies	\$3
BEX Bars	\$5
BEX Bars gluten free + vegan	\$6
Cup Cakes	\$5

HOT DRINKS		
	Regular 12oz	Large 16oz
Coffee	\$3	\$4
Americana (espresso + water)	\$4	\$5
Tea PG Tips (black tea)	\$3	\$4
Two Leaves + a Bud TEA	\$4	\$5
Chamomile (dc), Alpine Berry (dc), Tamayokucha (green) Peppermint (dc), Jasmine + Earl Grey (all organic)		
Chai Latte	\$5	\$7
Cappuccino	\$5	\$7
Café au Latte	\$5	\$7
Flat White	\$5	\$7
Latte	\$5	\$7
Mocha Latte	\$6	\$8
Carmel Latte	\$6	\$8
Vanilla Latte	\$6	\$8
Hot Chocolate	\$5	\$7
	Single	Double
Espresso	\$4	\$6

MILK ALTERNATIVES	Add
Oat Milk	\$2
Almond Milk	\$1
Coconut Milk	\$1

COLD DRINKS		
	Regular 12oz	Large 16oz
Smoothie	\$6	\$8
berry banana mango banana		
Cold Press Juice (12oz)	\$12	-
GoGo Greens + Defend (beet, kale, apple)		
Cold Brew Coffee	\$4	\$6
BEX-accino frozen coffee blend	\$5	\$7
Saratoga Flat Water	12oz	\$3
Saratoga Sparkling Water	12oz	\$4
Spindrift	12oz	\$4
Galvanina sparkling soda	12oz	\$4
Coca Cola Regular + Diet	12oz	\$4
Natalie's Orange Juice	8oz	\$4
Natalie's Grapefruit Juice	8oz	\$4
Natalie's Lemonade	12oz	\$5
Harney + Son Ice Tea organic	16oz	\$6
black ice tea + peach ice tea		
Regular Milk	12 oz	\$4
Chocolate Milk	12oz	\$4