

Open 8 AM - 3 PM, Monday - Friday  
Take-Out, Curbside Delivery, Patio Seating + Indoor Dining Available

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## BREAKFAST: 8 - 10:30 AM

### HAM SANDWICH \$5.50

Ezekiel or English Muffin, Black Forrest Ham, Local Egg & a Choice of Aged Cheddar or Swiss Cheese

### BACON SANDWICH \$6.00

Ezekiel or English Muffin, Ranch Bacon, Local Egg & a Choice of Aged Cheddar or Swiss Cheese

### TURKEY SAUSAGE SANDWICH \$5.50

Ezekiel or English Muffin, House Made Turkey Sausage, Local Egg & a Choice of Aged Cheddar or Swiss Cheese

### EGG & CHEESE SANDWICH VG \$5.25

Ezekiel or English Muffin, Local Egg & a Choice of Aged Cheddar or Swiss Cheese

### EGG & AVOCADO SANDWICH VG \$5.50

Ezekiel or English Muffin, Local Egg, Sliced Avocado, Sharp Cheddar, Everything Bagel Spice

### QUICHE GF VG \$7.00

Sweet Potato Crust and Local Eggs. Made Fresh Daily with Seasonal Ingredients. Served with Fresh Fruit  
ASK US WHAT THE QUICHE FLAVOR IS TODAY!

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## LUNCH: 10:30 AM - 3 PM

### SOUP DU JOUR CUP \$4.25 BOWL \$6.25

Our soups are made fresh daily from scratch with seasonal ingredients.

## SALADS

### FALL CROSBY COBB GF KE TO HALF \$9.25 FULL \$13.00

Seasonal Greens, Roasted Butternut Squash, Grilled Chicken, Toasted Pepitas, Blue Cheese Crumbles, Local Hard Boiled Eggs, Tomatoes, Creamy Poblano Dressing

### WALDORF SALAD GF V KE TO HALF \$9 FULL \$12.50

Seasonal Greens, Toasted Walnuts, Grapes, Apples, Celery, Apple Cider Vinaigrette  
ADD CHICKEN: HALF \$1.00 / FULL \$2.50

### PEAR & POMEGRANATE GF VG KE TO HALF \$9 FULL \$12.50

Sliced Pears, Marinated Goat & Sheep Feta, Arugula, Toasted Pecans, Pomegranate Vinaigrette  
ADD CHICKEN: HALF \$1.00 / FULL \$2.50

### BEET SALAD GF VG KE TO HALF \$9 FULL \$12.50

Beets, Blue Cheese, Candied Pecans, Arugula, Apples, Balsamic Vinaigrette  
ADD CHICKEN: HALF \$1.00 / FULL \$2.50

## SANDWICHES

### BLT \$10.50

Thick Cut Bacon, Heirloom Tomatoes, Herbed Mayo, Krunch Lettuce

### PARMESAN BASIL CHICKEN SALAD \$10.00

Roasted Chicken, Fresh Basil, Grated Parmesan, Garlic, Balsamic Vinegar, Mayo, Salt & Pepper

### CHICKEN SALAD \$10.00

Roasted Chicken, Broccoli, Grapes, Dried Cranberries, Toasted Walnuts, Mayo, Himalayan Pink Salt, Cracked Black Pepper

### TUNA SALAD \$10.00

White Albacore Tuna, Red Onion, Celery, Parsley, Dijon, Mayo, Himalayan Pink Salt, Cracked Black Pepper

### EGG SALAD \$10.00

Local Eggs, Shallots, Parsley, Dijon, Mayo, Himalayan Pink Salt, Cracked Black Pepper

### NOT YOUR GRANDMA'S CHICKEN SALAD VG \$10.00

Chickpeas, Bell Pepper, Red Onion, Parsley, Dijon Mustard, Scallions, Vegan Mayo

*Sandwiches are Made with Your Choice of Freshly Baked Tuscan or Marble Rye Bread, Whole Wheat or Gluten Free Wrap and Served with a Choice of Side Salad of the Day, Pickled Vegetables or Fresh Fruit*

## PRESSED SANDWICHES

Sandwiches are Made with Your Choice of Freshly Baked Tuscan or Marble Rye Bread, Whole Wheat or Gluten Free Wrap and Served with a Choice of Side Salad of the Day, Pickled Vegetables or Fresh Fruit

### **TURKEY PANINI \$12.50**

Sliced Turkey, Aged Cheddar, Apple & Cranberry Butter, Arugula

### **HAM & SWISS \$11.25**

Sliced Black Forrest Ham, Cheese, Pumpkin Butter, Mustard Maple Glaze

### **APPLE & HAVARTI VG \$11.50**

Sliced Apples, Havarti Cheese, Fig Jam, Arugula

### **FALAFEL BURGER VG \$11.75**

Falafel Burger, Cucumber Tomato Relish, Tzatziki Sauce, Lettuce

## NOURISH LUNCH COMBO

**\$12.75**

Pick two of the following items:

Half Pressed Sandwich • Half Salad • Half Sandwich  
Cup of Soup • Slice of Quiche • Small Smoothie

## SMOOTHIES

Small **\$5.50** Medium **\$6.50** Large **\$7.50**  
Add Protein Powder **\$1.50** (Vegan Vanilla or Whey)

### **IMMUNE BOOSTER GF V**

Sweet Potato, Banana, Almond Butter, Turmeric, Cinnamon, Ginger, Flaxseed, Almond Milk, Orange Juice

### **PSL SMOOTHIE GF V**

Pumpkin, Cinnamon, Allspice, Double Shot Amrita Espresso, Oat Milk

### **WILD BLUEBERRY GF V**

Blueberries, Banana, Coconut Oil, Hemp Seeds, Chia Seeds, Cinnamon, Almond Milk

### **MONKEY JOE GF V**

Amrita Iced Coffee, Banana, House Made Peanut Butter, Almond Milk

### **GLOWING SKIN GF V**

Coconut Water, Banana, Mango, Kale, Avocado, Ground Flax

## BEVERAGES

### FALL FAVORITES

**PUMPKIN SPICE LATTE S \$3.75 M \$4.35 L \$4.75**

**CINNAMON WHITE MOCHA S \$3.75 M \$4.35 L \$4.75**

**COLD BREW S \$3.75 M \$4.35 L \$4.75**

**CHAI APPLE CIDER \$4.25**

*Chai Tea Latte with Apple Cider*

### COFFEE

**HOT COFFEE S \$2 M \$2.25 L \$2.65**

**ESPRESSO DOUBLE \$2.95 QUAD \$5.50**

*DECAF AVAILABLE*

**LATTE S \$3.25 M \$3.75 L \$4.25**

*VANILLA, HAZELNUT, CARAMEL, ROSE, LAVENDER*

**AMERICANO S \$2.45 M \$2.95 L \$3.25**

**CAPPUCCINO \$3.25**

**CAFE MOCHA S \$3.75 M \$4.35 L \$4.75**

*WITH HOUSE MADE MOCHA SAUCE*

**REISHI MUSHROOM MOCHA S \$4.15 M \$4.75 L \$5.15**

**ICED COFFEE S \$2.25 M \$2.50 L \$3.00**

### TEAS

**ICED ORGANIC GREEN TEA S \$2.75 M \$3.45 L \$3.95**

**ICED ORGANIC BLACK TEA S \$2.75 M \$3.45 L \$3.95**

**HONEY JASMINE GREEN TEA S \$3 M \$3.50 L \$4**

**STRAWBERRY ROSE BLACK TEA S \$3 M \$3.50 L \$4**

**HOUSE MADE CHAI TEA LATTE S \$3.65 M \$4.25 L \$4.65**

**HOT TEAS S \$3.25 M \$3.75 L \$4.25**

*\*ASK ABOUT OUR ORGANIC HOT TEA SELECTIONS*