

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

## 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!

## 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

#### WINTER CROSBY COBB GF KETO HALF \$9.25 FULL \$13.00

Romaine Lettuce, Roasted Squash, Bacon Crumbles, Apples, Shredded Cheddar Cheese, Toasted Pecans, Dried Cranberries, Roasted Chicken, Maple Dijon Vinaigrette

#### GARDEN SALAD GF V KETO HALF \$9 FULL \$12.50

Arugula, Pickled Beets, Goat Cheese, Savory Pistachio Granola, Herb Vinaigrette

ADD CHICKEN: HALF \$1.00 / FULL \$2.50

#### PEAR & POMEGRANATE SALAD GF VG KETO HALF \$9 FULL \$12.50

Sliced Pears, Marinated Goat & Sheets Milk Feta, Arugula, Toasted Pecans, Pomegranate Jewels, Pomegranate Vinaigrette

ADD CHICKEN: HALF \$1.00 / FULL \$2.50

#### CABBAGE & KALE PEANUT SALAD GF VG KETO HALF \$9 FULL \$12.50

Shredded Cabbage, Kale, Toasted Peanuts, Shaved Parmesan, Fresh Herbs

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

### **THE ITALIAN PANINI \$12.00**

Sliced Ham, Salami, Roasted Red Peppers, Havarti, Caramelized Onions, Italian Dressing, Basil Puree

### **SESAME THAI CHICKEN WRAP \$11.50**

Whole Wheat Wrap, Cabbage, Grilled Chicken, Carrots, Chow Mein Noodles, House Made Sesame Thai Aioli, Scallions

### **POBLANO FAJITA PANINI <sup>VG</sup> \$11.50**

Roasted Poblanos, Caramelized Onions, Sharp Cheddar Cheese, Cilantro Crema

## 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 <sup>GF</sup> <sup>v</sup>**

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

### **WINTER CITRUS <sup>GF</sup> <sup>v</sup>**

Mango, Orange, Ginger, Raspberries, Turmeric, Hemp Seeds

### **WILD BLUEBERRY <sup>GF</sup> <sup>v</sup>**

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

### **MONKEY JOE <sup>GF</sup> <sup>v</sup>**

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

### **GLOWING SKIN <sup>GF</sup> <sup>v</sup>**

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

## BEVERAGES

### FALL FAVORITES

**EGGNOG LATTE S \$3.75 M \$4.35 L \$4.75**

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

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

**NUTELLA LATTE S \$3.75 M \$4.35 L \$4.75**

### 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**

**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*