

## TOPPED TOAST

### Avocado Smash \$10

Smashed Ripened Avocados, Chili Flake Oil, & Everything Bagel Seasoning, Farm Greens & Sangria Jeweled Tomatoes. Add bacon \$2

### Peanut Butter Crunch \$8

Organic Peanut Butter, Seasonal Berries, House Granola, & Honey Drizzle

### Berry Ricotta \$10

Orange-zested Ricotta, Seasonal Berries, House Granola, & Honey Drizzle.

### B.L.T. \$8

Bacon, Microgreens, Tomato, Cheddar, & Roasted Red Pepper Aioli.

### Strawberry Nutella \$8

Rich Chocolate Hazelnut Nutella, Fresh Sliced Strawberries, & Crunchy Sliced Almonds.

### Tomato Hummus \$8

Traditional Hummus, Jeweled Tomatoes, Fresh Herbs, Feta & Basil.

### Carnivore \$7

In house Spelt Crust, Egg Custard, Cheddar Cheese Bacon and Sausage

## BREAKFAST

### Pancakes \$6

Three Homemade Pancakes, Creamy Butter, & Syrup.  
Add-ons: Peanut Butter (0.50), Bacon (\$1.50), Sausage (\$1.50)

### French Toast Bake \$6

Fluffy French Toast, Creamy Butter, & Syrup.

### Bagels \$4

Plain, Everything or Gluten Free  
Choice of spread: Cream Cheese, Butter, Natural Peanut Butter, Almond Butter, Avocado (1.00)

### Bagel Sandwiches

Egg and Cheese Bagel	\$6
Egg, Cheese, & Bacon Bagel	\$7
Egg, Cheese, & Sausage Bagel	\$7

### Smoked Salmon \$14

Your Choice Bagel Topped With Smoked Atlantic Salmon, Whipped Cream Cheese, Cucumber, Red Onion, Capers, & Microgreens.

## QUICHE

### Seasonal Veggie \$7

In house Spelt Crust, Egg Custard, Cheddar Cheese, Zucchini, Squash, Peppers ingredients are subject to change during season

## SANDWICH & WRAPS

served with chips & pickle

### Pork Melt Delight \$12

Imported Italian Ham and Bacon with Swiss Cheese.

### B.L.T \$12

Texas Smoked Bacon, Fresh Lettuce, Tomato, Mayonnaise, Cheddar Cheese & Micro Greens.

### Classic Club \$14

Turkey Breast, Applewood Ham, Texas Smoked Bacon, Fresh Lettuce, Tomato, Micro Greens, & Mayonnaise.

### Lentil Wrap \$12

Tortilla Flour Wrap, Avocado, Fresh Lettuce, Tomato, & Dried Lentil.

### Rainbow Wrap \$12

Tortilla Flour Wrap, Avocado, Carrots, Red Pepper, Green Pepper, Yellow Pepper with Vegan Garlic Herb Spread

### Turkey Lettuce Wrap <sup>GF</sup> \$12

Fresh Lettuce, Turkey Breast, Texas Smoked Bacon Tomato, Cheddar, & Avocado.

### Chicken Caesar Wrap \$14

Tuscan Caesar Dressing, Heirloom Tomatoes, Parmesan Cheese, Chicken Breast, Avocado & Fresh Greens

**BREAD OPTIONS:** FOCACCIA, CIABATTA WHEATBERRY (PLANT-BASED), OR GLUTEN FREE

**WRAP OPTIONS:** GARLIC TORTILLA, ORIGINAL FLOUR TORTILLA, LETTUCE WRAP

## BOWLS

### Tomato Pasta \$12

Whole Wheat Pasta, Herb Basil, Tomato Sauce, Roasted Cashew, Sundried Tomato

### Gluten Free Chicken \$12

Seasoned Chicken, Fresh Lettuce, Tomato, Garlic, Avocado, & Cheddar

### Mac & Cheese \$10

Three Cheese Creamy Sauce, Served Over Elbow Pasta

## SALADS

### Chicken Caesar \$14

Fresh Lettuce, Tomato, Seasoned Chicken Breast, Avocado, Homemade Croutons, & Caesar Dressing.

### Buffalo Chicken \$14

Fresh Lettuce, Tomato, Seasoned Chicken Tossed in Buffalo, Cucumber, Red Onion, Cheddar, Croutons, & Buttermilk Ranch.

### Chef \$13

Fresh Lettuce, Heirloom Tomatoes, Turkey, Ham, Hard Boiled Egg, Cucumber, Red Onion, Bacon, Cheddar Cheese, Croutons & Your Choice of Dressing.

## DRESSINGS

CEASER, BLUE CHEESE, RASPBERRY VINAIGRETT, BALSAMIC VINAIGRETT, RANCH, ITALIAN CITRUS VINAIGRETT

## KIDS

Grilled Cheese

\$6

Grilled PB&J

\$6

Hot Ham and Cheese

\$6