

PASTRIES

Croissant \$5.5	Bagel \$5	Cookies \$4	Banana Bread \$6	Coconut Muffin (GF) \$6
Almond Croissant \$7	Scone \$5.5	Malasada \$5	Brownie (GF) \$5.5	Daily Vegan Muffin \$6
Ham & Brie Croissant \$9	Energy Bar \$5	Cinnamon Roll \$6	Carrot Muffin (GF) \$6	



BREAKFAST

BREAKFAST BURRITO ✕ \$10.5

Flour tortilla, scrambled eggs, cheddar cheese, Portuguese sausage, tomato & onions

BAGEL SANDWICH ✕ \$10.5

Scrambled eggs, cheddar cheese & bacon on a toasted plain bagel

AVOCADO TOAST (VGN) ✕ \$15

Housemade sourdough topped with avocado mash; optional tomato, chia, and flax for \$1 each

BREAKFAST PANINI ✕ \$10.5

Sausage, scrambled eggs & cheese on an English Muffin

EGG WHITE WRAP (V) ✕ \$9.5

Whole-wheat tortilla, egg whites, cheddar cheese, spinach & roasted red peppers

QUICHE ✕ \$8

Choice of mixed vegetables (V) or spinach & bacon

YOGURT PARFAIT (V, GF) \$9.5

Layers of yogurt, fruit, and granola topped with your choice of honey or agave

FRESH FRUIT ~ MELONS \$9.5 | BERRIES \$10

ANCIENT GRAINS \$11

Quinoa, farro, pumpkin seeds, EVO

ACAI BOWLS

THE CLASSIC (VGN, GF) \$17

Acai blended with strawberries, blueberries & apple juice. Topped with house made granola, banana, blueberries, coconut & agave

PB&J (V, GF) \$17

Acai blended with strawberries, blueberries, almond milk & peanut butter. Topped with house made granola, banana, honey & chia seeds

POWER COCO (V, GF) \$17

Acai blended with strawberries, blueberries, coconut water, spirulina & protein powder. Topped with house made granola, banana, coconut flakes & chia seeds

LUNCH

All wraps & sandwiches are served with a PICKLE & bag of CHIPS

SANDWICHES

CHICKEN & BACON ✕ \$16

Roasted chicken, bacon, sun dried tomato aioli & Swiss cheese on ciabatta

THE ITALIAN \$19

Prosciutto, salami, ham, provolone cheese, lettuce & tomato on baguette

ROASTED VEGGIE (V) ✕ \$14

Roasted green & yellow zucchini, bell pepper, pesto & Monterey jack cheese on whole wheat

MARGARITA (V) \$14

Mozzarella cheese, tomatoes, fresh basil & pesto on ciabatta

TUNA ✕ \$14

Tuna salad with lettuce on whole wheat

WRAPS

CHICKEN CAESAR ✕ \$14

Baby romaine lettuce, chicken & Parmesan cheese with Caesar Cardini dressing

CHICKEN CURRY ✕ \$14

Mixed greens, yellow curried chicken & papaya

THE VEGGIE (VGN) ✕ \$13

Lettuce, tomatoes, cucumber & avocado with a citrus vinaigrette

TURKEY BLT ✕ \$15

Sliced turkey, bacon, lettuce, tomatoes & mayonnaise

SALADS

ASIAN CHOP ✕ \$19

Mixed greens, cabbage, grilled chicken & crispy won tons with a creamy soy dressing

KALE CAESAR (GF) ✕ \$19

Grilled chicken, baby kale & Parmesan cheese with Caesar Cardini dressing

COBB (GF) ✕ \$19

Chicken salad, bacon, egg, tomato, avocado & bleu cheese with citronette dressing

VEGGIE (VGN, GF) ✕ \$19

Lettuce, tomato, avocado, carrot, jicama & cucumber with citronette dressing

✕ Item is travel friendly (VGN) Vegan (V) Vegetarian (GF) Gluten Free

Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of food borne illness