

Sandwiches served on your choice of Honey Whole Wheat or Farmhouse White bread. Upgrade to any available specialty bread or bagel for +\$2.00 or Gluten-X bread +\$3.25 Upgrade to Gluten-X biscuit for \$1.25

# SANDWICHES

## Classic Breakfast Sandwich \$8.49

Your choice of crispy bacon or smoked ham, aged cheddar cheese, fresh egg, garlic herb spread. (460-810 cal.)

### Loaded Breakfast Sandwich \$9.99

Your choice of crispy bacon or smoked ham, aged cheddar cheese, fresh egg, garlic herb spread, avocado and tomato. (680-740 cal.)

### Veggie Breakfast Sandwich \$7.99

Fresh egg, spinach, tomato, roasted red peppers, and artichoke pesto cream cheese spread. (420-490 cal.) Add portobello for \$2.00

### The Kickstart

\$8.99

Freshly cooked egg, sliced tomato, pepper jack cheese, crispy bacon and our house-made garlic herb spread. (460-520 cal.)

### <u>TOAST</u>

### Avocado Toast

\$6.99

Mashed avocado, pickled red onion, chia seeds, feta, salt & pepper. Add a fried egg for \$1.00 (570-730 cal.)

### Peanut Butter Toast

\$5.99

\$12.99

Creamy peanut butter, sliced apples, local honey, cinnamon (660-730 cal.)

## FRESH SANDWICHES

Sandwiches served on your choice of Honey Whole Wheat or Farmhouse White bread. Upgrade to any available specialty bread for +\$2.00 or Gluten-X bread +\$3.25

\$10.49

\$9.49

### Chicken Salad Sandwich

Homemade chicken salad loaded with walnuts, golden raisins, artichokes, and dried cranberries. Topped with lettuce, tomato and red onion. (630-690 cal.) Make it a melt, add bacon cheese and make it toasted for \$1.50

### The Italian

Genoa salami, smoked ham, pepperoni, provolone, pepperoncini, pickled red onion, Italian dressing, mayo, lettuce & tomato (880-920 cal.)

#### Baja Chipotle Turkey \$11.49

Sliced turkey, pepper jack cheese, pickled red onions, tomatoes, shaved green cabbage, avocado, and house-made chipotle yogurt sauce. (620 cal.)

### Veggie Baja Sandwich

Freshly sliced tomatoes, shaved green cabbage, pickled red onions, pepper jack cheese, avocado, and house-made chipotle yogurt sauce. (580 cal.)

#### The Lunchtime Classic \$10.99

Your choice of freshly sliced ham or turkey, crisp romaine lettuce, tomatoes, red onions, cheese, mayonnaise and Dijon mustard. (620-710 cal.)

### Classic PB&J

\$4.99

A classic peanut butter and jelly sandwich on your choice of bread. Try it toasted! (650 cal.) Add Bacon +\$1.00, Add apple slices +.50

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.



## HOT SANDWICHES

Sandwiches served on your choice of Honey Whole Wheat or Farmhouse White bread. Upgrade to any Specialty Bread for +\$2.00 or Gluten-X bread +\$3.25

### Ham & Brie Melt

### \$10.49 The C

Smoked ham, melted brie, thinly sliced apples, & apricot dijon spread. (560-620 cal.)

### Portobello Pesto Melt \$11.49

Balsamic roasted portobello mushrooms, melted provolone cheese, tomatoes, basil, spinach and house-made artichoke pesto spread. (620-680 cal.)

### Classic Grilled Cheese

\$5.99

Aged cheddar cheese, provolone, and house-made garlic herb spread. Add tomato +0.50 Add bacon or ham +\$1.00 (730-850 cal.)

### Fresh Garden Salad

Spring lettuce mix, shredded green cabbage, red onions, tomatoes, roasted chickpeas, spiced seeds and nuts, and house-made balsamic vinaigrette. Add chicken +\$2.00 (130-260 cal.)

### The Cubano

### \$13.50

Mojo marinated pork, smoked ham, thinly sliced pickles, Swiss cheese & yellow mustard. (670-780 cal.)

### Spicy Apple Bacon Grilled \$10.49 Cheese

Aged cheddar cheese, provolone, crispy bacon, thinly sliced green apples and a hot pepper jelly spread. (670-730 cal.)

### The BLT

\$8.99

Bacon, lettuce, tomato, and mayo between two slices of our grilled, fresh baked bread. Add Avocado for \$1.00 (460-520 cal.)

### FRESH SALADS \$5.99 Yardbird Salad

\$9.49

Mixed greens, diced chicken, spiced seeds and nuts, roasted chickpeas and golden raisins. Topped with parmesan cheese and housemade Avocado Goddess dressing. (550-640 cal.)

### Greek Salad

\$7.49 Ka

Baby spinach, mixed greens, artichoke hearts, kalamata olives, roasted red peppers, cucumbers and cherry tomatoes topped with feta cheese, garlic herb croutons and housemade red wine vinaigrette. Add chicken +\$2.00 (220-380 cal.)

### Kale Caesar Salad

\$6.99

Romaine & kale mix, tossed with house-made Caesar dressing and topped with parmesan and garlic herb croutons. Add chicken +\$2.00 (220-280 cal.)

#### Make it a Combo!

Chips and a fountain drink: \$3.00 Cookie and a fountain drink: \$4.00 Seasonal side and a fountain drink: \$5.00

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