

CAFE MENU

BREAKFAST

Sandwiches served on your choice of Honey Whole Wheat or Farmhouse White bread. Upgrade to any available specialty bread or bagel for +\$2.00 Upgrade to Gluten-X biscuit for \$1.00

SANDWICHES

Classic Breakfast Sandwich \$7.49

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

**Try it loaded with avocado & tomato (+\$1.50)

Vegetarian Sandwich 🗸

Fresh egg, spinach, tomato, roasted red peppers, artichoke cream cheese pesto. (420-490 cal.)

The Kickstart

\$7.99

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

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

Toast is served on your choice of Honey Whole Wheat or Farmhouse White bread. Upgrade to a slice of specialty bread for \$1.00

FRESH SANDWICHES

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

Chicken Salad Sandwich

Baja Chipotle Turkey

\$10.49

The Italian

(880-920 cal.)

\$11.99

Homemade chicken salad loaded with walnuts. golden raisins, artichokes, and dried cranberries. Topped with lettuce, tomato and red onion. (630-690 cal.)

The Lunchtime Classic

Genoa salami, smoked ham, pepperoni,

Italian dressing, mayo, lettuce, & tomato

lettuce, tomatoes, red onions, cheese,

provolone, pepperoncini, pickled red onion,

Choice of sliced ham or turkey, crisp romaine

mayonnaise and Dijon mustard. (620-710 cal.)

\$9.99

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

Classic PB&J V

Veggie Baja Sandwich 🗸

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

A classic peanut butter and jelly sandwich on

your choice of bread. Try it toasted! (650 cal.)







HOT SANDWICHES

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

Ham & Brie Melt

\$10.49

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

Portobello Pesto Melt \ \$10.99

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

Spicy Apple Bacon Grilled \$9.49 Cheese

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

Fresh Garden Salad V



Yardbird Salad \$5.99

\$9.49

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

Greek Salad 🏏

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.)

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.)

Make it a Combo!

Chips and a fountain drink: \$3.00 Cookie and a fountain drink: \$4.00 Cup of Soup (seasonal) and a fountain drink: \$5.00