



## WINTER HOURS

Sunday CLOSED  
Monday CLOSED  
Tuesday CLOSED

Wednesday 8am-2pm  
Thursday 8am-2pm  
Friday 8am-2pm AND 4pm-8pm  
Saturday 8am-2pm AND 4pm-8pm

# MENU

Please limit substitutions to zero— we like our combinations and so will you.  
Help us keep tidy by recycling and disposing of items in proper places.

## BREAKFAST til noon

### Morning Glory Oatmeal

apple, raisins, carrots, spices, brown sugar & oat milk or cream \$7

### Yogurt Parfait

Greek yogurt, berry compote, Maine honey almond granola \$8.50

### Breakfast Panini

eggs & provolone, homemade bread \$7.75

ADD: ham, turkey or greens & tomato +\$2

### Burrito

eggs, breakfast potatoes, cheddar, wrap OR bowl \$9.50

ADD: chorizo +\$2

jalepeno relish or sour cream \$1.50

### Quiche & side salad (all day)

Daily flavor & side greens salad \$10

## SMOOTHIE

fresh flavor every day  
yogurt or oat milk \$7

## Specials featured daily.

Check out our seasonally inspired specials.  
On the board— changing daily!

## LUNCH all day

### SANDWICHES

#### Roast Beef

Our own roast beef, provolone, pickles, lettuce, onion, tomato, pepper aioli, brioche \$13

#### Turkey + Gruyere Sammy

Turkey, gruyere, fig & onion jam, apple, greens, ciabatta \$13

### PANINIS

#### Caprese Panini

fresh mozz, tomato, pesto, spinach, balsamic, ciabatta \$12

#### Grilled Cheese

herb cheese spread, cheddar, asiago, white bread \$8.50

ADD: ham, turkey or greens & tomato +\$2

#### Cuban

Pulled pork, ham, pickles, swiss, whole grain mustard, ciabatta \$15

### WRAPS OR BOWLS

#### Chicken Salad

Herbed chicken salad, cranberry, apple, celery, walnuts, greens, balsamic \$15

#### Harvest Quinoa Bowl

Sweet potato, greens, quinoa, cranberry, apple, candied nuts, blue cheese, maple spice vinaigrette \$14

#### Beet & Citrus Salad

Pickled beets, brussels sprouts, greens, oranges, goat cheese, sunflower seeds, pickled red onions, sweet onion vinaigrette \$14

ADD: Turkey+\$5 Pulled Pork +\$6 Chicken Salad \$7

### SOUPS & CHOWDERS

Soup

Cup: \$4

Bowl \$7.50

Chowder

Cup: \$5

Bowl \$9

Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of foodborne illness.

Please inform us if you or any person in your party has an allergy.