



## SEASONAL HOURS

Sunday 8am-2pm  
Monday 8am-2pm  
Tuesday CLOSED  
Wednesday CLOSED

Thursday 8am-2pm

Friday 8am-2pm

Saturday 8am-2pm

\*opening Wednesdays 8am-2pm  
on Wednesday 6/11

# 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

### Lox Breakfast Sandwich

smoked salmon, frittata, capers, herbed cheese spread, red onion, spinach, multigrain bread \$13

### Sausage + Frittata Sammy

sausage, frittata, cheddar, pepper honey, brioche \$10

### Burrito

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

ADD: chorizo +\$3

jalepeno relish or sour cream \$1.50

### Quiche & side salad (all day)

daily flavor \$7

ADD: garden salad \$5.50

## SMOOTHIE

fresh flavor every day  
yogurt or oat milk \$7.50

## 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, pickled red onion, lettuce, tomato, horseradish aioli, brioche \$13

#### Turkey + Avocado

turkey, gruyere, avocado, red onion, lettuce, tomato, cilantro lime aioli, multigrain bread \$13.50

#### Ham + Salami

Ham, salami, provolone, pickles, lettuce, onion, tomato, pepper relish, ciabatta, house vinaigrette \$13

#### Caprese Panini

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

#### Grilled Cheese Panini

herb cheese spread, cheddar, provolone, white bread \$9

ADD: ham, turkey, avocado or greens & tomato +\$3

ADD: smoked salmon +\$5

## WRAPS OR BOWLS

### Chicken Salad

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

### Apple Cranberry Quinoa Bowl

greens, apple, cranberry, candied nuts, goat cheese, quinoa, balsamic vinaigrette \$14

### Ahi Tuna Bowl

Seared tuna, seaweed salad, greens, cucumber, carrot, pickled red onion, avocado, cilantro lime vinaigrette \$19

### House Salad

Greens, cucumber, pickled red onion, tomato, kalamata olives, pepperoncini's, feta, croutons, house vinaigrette \$14

ADD: Turkey or Ham+\$5 Smoked Salmon +\$7 Chicken Salad +\$8

## SOUPS & CHOWDERS

### SOUP

Cup: \$4

Bowl \$8

### CHOWDER

Cup: \$5

Bowl \$10

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.



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## BAKERY

### Breakfast Pastries

Blueberry Muffins  
Blueberry Corn Cake (gf/df)  
Cinnamon Buns  
Raspberry Cheese Danish  
Blueberry Coffee Cake  
Maple Scone  
Cinnamon Streusel Bread

### Bars & Brownies

Cream Cheese Brownies  
Apple Harvest Bars  
Berry Shortbread Bars  
Olive Oil Lemon Bars (df)  
Brown Butter Berry Blondies

### Cakes & Tortes

Flourless Chocolate Torte (gf)  
Chocolate Cake  
Italian Cream Cake  
Birthday Cake  
Lemon Poppy Tea Cake

### Cookies

Chocolate Chip  
Peanut Butter  
Molasses  
Chocolate Chip (gf)

## BAKERY

Check out our daily  
selection of homemade  
pastries, breads & treats!

## BEVERAGES

### HOT

Coffee by *Coffee By Design* \$2.50/12 oz \$3.50/16 oz  
Tea *Harney & Sons* \$3/12 oz  
Hot Chocolate \$4.50/12 oz

### COLD

Cold Brew Coffee \$4.50/16 oz  
Iced Decaf Coffee \$4.50/16 oz  
Mocha Whip Cold Brew \$5.50  
Maple Cream Coffee \$5.50  
Maine Blueberry Burst Coffee \$5.50  
Lemon Brew Sparkler sweet & nutty cold brew or iced tea \$5  
Iced Tea \$3.75/16 oz  
Northern Sweet Tea \$5    Lightly sweet berry rhubarb tea.  
Haymakers Punch \$4.50 Invigorating and refreshing ever changing fizzy drink  
starting with our homemade shrubs.

## BEER & WINE

Ever changing selection of craft brews and interesting  
wines...check our cooler and board for our selection! \$5-\$10

### Sangria & Mimosas

Ask about our seasonal flavors! \$10

### Wine by the glass

Mercat Brut Cava \$10 Catalonia, Spain  
Bollini Pinot Grigio \$10 Trentino, Italy  
The Seeker Sauvignon Blanc \$10 California  
The Pale Rose \$10 Provence, France  
Cloudveil Pinot Noir \$11 Oregon  
Juggernaut Cabernet Sauvignon \$11 California