



Hours:

Thursday through Monday 8am-3pm

\*close 1pm Sunday

Closed Tuesday & Wednesday

# 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

### Breakfast Panini

eggs & cheddar, homemade bread  
\$7.75

ADD: ham, sausage, or spinach &  
tomato +\$2

### Biscuit Sandwich

buttermilk biscuit, sausage,  
cheddar, jalapeno honey \$8.50

### Burrito

eggs, potatoes, peppers, onions,  
cheddar \$8.50

ADD: chorizo +\$2

jalapeno relish or sour cream \$1.50

### Smoothie

fresh flavor every day  
yogurt or oat milk \$7

## BAKERY

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

## LUNCH all day

### SANDWICHES

#### Chicken Salad Wrap

signature chicken salad, greens,  
apples, raisins, pepitas, flour wrap  
\$12

#### Roast Beef

lettuce, tomato, onion, pickles,  
cheddar, horseradish aioli, brioche  
\$12

#### Turkey Sandwich

provolone, red pepper jam, spinach,  
tomato, pesto mayo, multigrain bread  
\$11.50

### PANINIS

#### Cuban Panini

Ham, roasted pork, swiss, sour pickles,  
mustard, herbed foccacia \$12

#### Caprese Panini

fresh mozz, tomato, pesto, spinach,  
balsamic, ciabatta \$10

#### Grilled Cheese

herb cheese spread, cheddar, asiago,  
white bread \$8

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

## SOUP & CHOWDER

Check our board for today's choice.

## BEVERAGES

### HOT

Coffee by *Coffee By Design*  
\$2.50/12 oz \$3.50/16 oz

Tea *Harney & Sons* \$2.50/12 oz

Hot Chocolate \$4.50/12 oz

### COLD

Cold Brew Coffee \$4.25/16 oz

Lemon brew \$4.75 Our cold brew  
with lemon almond syrup & fizz!

Coffee tonic \$4.75 Our cold brew  
with cherry, lime & fizz!

Iced Tea \$3.75/16 oz

Northern Sweet Tea \$4.75  
Lightly sweet berry rhubarb tea.

Relax \$4 Invigorating strawberry  
lavender fizzy drink!

Boost \$4 Refreshing blueberry  
ginger fizzy drink!

## BEER & WINE

Ever changing selection of  
craft brews and interesting  
wines...check our board for  
today's selection!

## SALADS & BOWLS

**House Salad** greens, tomato, pepperoncini's, red onion,  
kalamata olives, parm, herbed croutons, creamy house  
vinaigrette \$11

**Flatbread & House Salad** daily flatbread topped with  
house salad \$12

**Chickpea & Cauliflower Bowl** arugula, carrot, pickled  
red onion, cashews, feta, green goddess dressing \$13

**Harvest Bowl** super grains, arugula, brussels sprouts,  
roasted squash, apple, raisins, pepitas, maple vinaigrette  
\$13.50