

# DAY

## breakfast

### MAPLE WALNUT GRANOLA

greek yogurt, roasted berries 9

### MATCHA COCONUT YOGURT BOWL

coconut almond chia pudding, granola, seasonal berries, fresh mint 13

### AVOCADO TOAST

chili honey, smoked salt on country bread 10

### WILD MUSHROOM TOAST

avocado pesto, arugula, pepitas on sourdough 10

### SMOKED SALMON

cream cheese, caper relish, tomato, red onion with toasted bagel 13

### AVO & WHITES

egg whites, avocado smash, spinach, tomato on seven grain ciabatta 10.5

### BEC+LT

bacon, runny egg, aged cheddar, spicy aioli, butter lettuce, tomato on brioche 9

### BREAKFAST BOWL

quinoa, spinach, mushrooms, brussels sprouts with sunny side up egg and avocado 13

### BACON SCRAMBLE

aged cheddar, caramelized onions with toasted country bread 11

### MUSHROOM SCRAMBLE

herbed feta, spinach with toasted country bread 11

### ROSE BERRY WAFFLE

belgian waffle, rosewater berries, sweet cream 9  
add a waffle +4

### TOASTED BAGEL

plain - sesame - everything - wheat 2.5  
choice of butter, cream cheese +1

## salads

available at 11am

add grilled chicken +4

add flank steak +6

add seared tuna +8

add tofu +3.5

### BLANK SLATE CHOPPED

kale, arugula, pecorino, artichoke hearts, spicy peppers, shaved fennel, toasted pine nuts, cider vinaigrette 12

### BRUSSELS SPROUT CAESAR

shaved brussels sprouts, shredded kale, parmesan, homemade croutons, lime caesar dressing 12

### AVOCADO CAPRESE

mixed greens, fresh mozzarella, tomatoes, avocado, onions, homemade croutons, fresh basil, balsamic vinaigrette 13

### GARBANZO GREEN

shredded kale, chickpeas, goat cheese, seasonal squash, caramelized onions, dried cranberries, spiced pepitas, lemon tahini 12

### QUINOA BOWL

quinoa, avocado, shredded kale, roasted squash, cherry tomatoes, cucumbers, carrots, cilantro pepita dressing 13

### MUSHROOM FARRO

arugula, wild mushrooms, farro, feta, pickled onions, lemon zest, lemon herb dressing 12

## sandwiches

available at 11am | served with mixed greens

### DIJON CHICKEN SALAD

sliced tomato, cucumber, butter lettuce, dijonnaise on warm walnut raisin bread 12

### ROASTED TURKEY

balsamic roasted squash, cranberry goat cheese, sautéed kale on seven grain ciabatta 12.5

### KALE RUEBEN

gruyere, parmesan, sauerkraut, russian aioli on rye 11

### FLANK STEAK

melted gruyere, caramelized onions, tomato, greens, spicy mayo on ciabatta 13.5

### ROASTED VEGGIE

eggplant, zucchini, peppers, goat cheese, avocado pesto on sourdough 12.5

### RUSTIC CHICKEN

goat cheese, sundried tomatoes, avocado, greens, balsamic glaze on ciabatta 13

### GRILLED CHEESE

aged cheddar, gruyere, herbed aioli on toasted focaccia 9  
add bacon +2

## desserts

### S'MORES DIP

served with graham crackers 12

### M&M COOKIE SKILLET

served medium rare 12

### VEGAN CHOCOLATE CHIA SUNDAE

chocolate coconut almond chia pudding, coconut yogurt, cherries, banana, shaved coconut 10

\*gluten free bread available +2

## coffee

DRIP COFFEE 3/3.5  
COLD BREW 4.25/4.75  
VIETNAMESE 4.5/5  
AMERICANO 3.75  
ESPRESSO 3.25  
MACCHIATO 3.75  
CORTADO 3.75  
CAPPUCCINO 4.25  
FLAT WHITE 4.25  
LATTE 4.5  
ICED LATTE 4.5  
MOCHA 4.75

## tea

ICED BLACK 4/4.5  
ICED HIBISCUS 4/4.5  
HOT TEA 3.5  
*assam, earl grey, lemon ginger, green, chamomile, mint*

## specialty

CHAI LATTE 4.50/5  
ALMOND MATCHA LATTE 4.75  
ROSE MATCHA LATTE 5.50  
HOT CHOCOLATE 4/4.5

*ask about our  
beer & wine  
selection*