

breakfast

mon - fri until 11:30a

sat - sun until 3p

BACON SCRAMBLE

aged cheddar, caramelized onions
with toasted country bread 11

MUSHROOM SCRAMBLE

herbed feta, spinach with toasted
country bread 11

BEC+LT

fried egg, hardwood smoked bacon,
aged cheddar, butter lettuce, tomato
on brioche 9

AVO & WHITES

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

TRUFFLED GOAT CHEESE

sunny side up egg, mushrooms, frisee
on toasted focaccia 10.5

BREAKFAST BOWL

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

breakfast all day

AVOCADO TOAST

chili honey, smoked salt on country bread 10

MAPLE WALNUT GRANOLA

greek yogurt, roasted seasonal berries 9

SMOKED SALMON

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

TOASTED BAGEL

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

ROSE BERRY WAFFLE

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

*gluten free bread available +2

sandwiches

served with mixed greens

DIJON CHICKEN SALAD

sliced tomato, cucumber, butter lettuce, dijon-
naise on warm walnut raisin bread 12

FLANK STEAK

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

ROASTED TURKEY

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

ROSEMARY HAM

gruyere, dill pickles, frisee, dijonnaise
on focaccia 12.5

SUPER SALAD

avocado smash, cucumbers, tomato, carrots,
radish, herbed feta, spiced pepitas, lemon tahini
on seven grain 12

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

salads

add roasted chicken +4
add flank steak +5
add marinated tofu +3.5

BLANK SLATE CHOPPED

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

AVOCADO CAPRESE

mixed greens, fresh mozzarella, sliced tomatoes,
avocado, red onion, homemade croutons, fresh
basil, balsamic glaze 13

GARBANZO GREEN

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

CHOPPED GREEK

kale, arugula, feta, olives, pepperoncini,
red onion, cucumbers, tomatoes, herb
vinaigrette 12

BRUSSELS SPROUT CAESAR

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

QUINOA BOWL

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

small plates

TRUFFLED POPCORN

parmesan, fresh parsley 8.5

TOAST PLATE

smoked salmon, goat cheese, caper relish
ricotta, honey, rosemary, pomegranates
herbed feta, tomato, basil 13

RAINBOW BOWL

seasonal crudite and seed crackers served
with housemade hummus 13

CAULIFLOWER FRIED RICE

cauliflower rice, scallions, zucchini, baby
corn, peas 10
add an egg, chicken, steak or tofu!

DEVILED EGGS

traditional, spicy, truffle 7

LETTUCE WRAPS

diced chicken, shredded carrots, sliced
radish, crispy shallots, sesame
tamari sauce 12.5

desserts

S'MORES DIP served with graham
crackers 12

M&M COOKIE SKILLET served
medium rare 12

BROWNIE BATTER DIP served with
strawberries and graham crackers 12
add CBD oil +5

coffee

DRIP COFFEE 3/3.5
COLD BREW 4.25/4.75
CAFE AU LAIT 3.5/4
VIETNAMESE 4.5/5
AMERICANO 3.75
ESPRESSO 3.5
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 PASSION FRUIT 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
HOT CHOCOLATE 4/4.5

ask about our beer
& wine selection!

*add cbd oil +5