



BREAKFAST

[add to anything: avocado + 3, tomato + 1, egg whites + 2, gf bread + 2, crispy bacon + 2]

Egg & Cheese: soft scrambled eggs, Cheddar, toasted bun	\$9
BEC: folded deli-style eggs, American cheese, bacon, toasted bun	\$11
Spicy Owl: fried egg, bacon, avocado, spicy basil aioli, sourdough toast	\$14
Breakfast Burrito: soft scrambled eggs, Cheddar, charred salsa, brown rice, guacamole, toasted wrap	\$14
Healthy Owl: egg whites, caramelized onion, arugula, tomatoes, toasted bun	\$13
SEC: fried egg, housemade turkey sausage, Cheddar, Dijon, arugula, toasted bun	\$14
Avocado Toast: avocado, cherry tomatoes, mesclun greens, lemon vinaigrette, sourdough toast (vegan)	\$11
The Egg Plate: 3 soft scrambled eggs, mesclun green salad & sourdough toast	\$12

SALADS

[add to anything: balsamic chicken breast + 5, tamari honey salmon + 6, crispy bacon + 2]

The Daily Owl: our four favorite-lettuce blend with avocado, bacon, green beans, carrots, sunflower & pumpkin seeds, tarragon, dill with green goddess dressing	\$15
Fall Grain Salad: kale & romaine, farro, walnuts, charred corn, cucumber, red onion, lemon vinaigrette	\$16
Kale Caesar: kale, shaved apple, radicchio, sourdough croutons, sunflower seeds, parm caesar dressing	\$14

SANDWICHES & WRAPS

[all sandwiches are served with a mixed green salad || add gluten free bread or wrap + 3]

Three Owls Grilled Cheese: gruyère, Cheddar, shallot jam, sea salt, whole wheat sourdough	\$12
Chicken Salad: with bibb lettuce on focaccia	\$13
Turkey Burger: lettuce, tomato, pickled slaw, lemon herb aioli, toasted bun	\$17
Chickpea Cauli Sandwich: chickpeas and roasted cauliflower tossed with celery, herbs, aioli, red onion, pickled cabbage & black pepper, toasted sourdough	\$15
Turkey Sandwich: thick sliced turkey, Cheddar, marinated onion, carrot, bibb lettuce, honey mustard, sourdough	\$16
Spicy BLT Wrap: crispy bacon, romaine, tomato, smashed avocado, radicchio, spicy aioli, toasted wrap	\$14
Chicken Caesar Wrap: kale caesar salad with balsamic chicken & parmesan, toasted wrap	\$15
Rotisserie Chicken: dijonnaise, pickled cabbage, cilantro, toasted bun	\$16