



### BREAKFAST

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

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

<b>The Daily Owl:</b> our four favorite-lettuce blend with avocado, bacon, green beans, carrots, sunflower & pumpkin seeds, tarragon, dill with green goddess dressing	\$15
<b>Fall Grain Salad:</b> kale & romaine, farro, walnuts, charred corn, cucumber, red onion, lemon vinaigrette	\$16
<b>Kale Caesar:</b> 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 ]

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