



BREAKFAST

Served all day!

Breakfast Sandwich Build Your Own 2 Eggs your way Choose one: Cheddar, Swiss, or Provolone Choose one: Bacon, Turkey, or Ham Served on our house-made toasted Butter crust	7.25
Veggie Scramble 2 Eggs, tomato, onion, and spinach	7.25
3 Egg Omelet 3 Eggs, choice of meat and veggies	9.25
Quiche by the slice Selections prepared daily with fresh vegetables, meats and cheeses	4.25
French Toast 2 Slices freshly made cinnamon bread. Side of syrup. Make it stuffed for \$1.25 more Peanut butter, almond butter, jelly or fresh fruit	6.50

FRESH BREADS AND PASTRIES

Buttercrust Loaf or Wheat Loaf	4.50
Focaccia	6.00
Danish	3.75
Turnover	3.25

SANDWICHES AND WRAPS

Sandwiches served on our freshly baked breads.

Wraps (wheat, tomato and spinach)

Served with kettle chips and a dill pickle

Ham and Cheese Me! Sliced ham, Swiss cheese, house-made honey mustard and tomatoes served grilled on our Butter crust bread	8.25
Turkey and Bacon Turkey and bacon with house made honey mustard or mayo, lettuce, tomato, and provolone cheese served grilled on our Butter crust bread	8.25
3 Cheese Grilled Cheese Butter crust bread grilled to golden perfection with Swiss, Cheddar, and Provolone Add tomato 50c Add 2 slices of bacon \$1.25	5.95
Vegan/Vegetarian Spinach mix topped with sautéed mushrooms, peppers, tomato, and onion, grilled with balsamic vinaigrette served on our vegan focaccia bread	8.25
BLT Bacon, Lettuce, tomato and mayonnaise served on our Butter crust bread	6.25
Grilled Chunky Peanut Butter Cinnamon and sugar bread with Chunky peanut butter. Add your choice of banana, honey or strawberry jelly	7.25
Buffalo Wrap Your choice of chicken or cauliflower in buffalo sauce wrapped in your choice of flour tortilla with diced tomato, arugula mix, cel- ery, cucumber, and ranch or vegan ranch	8.25
Hummus Wrap (V) Hummus spread (flavor may vary), choice of tortilla with diced tomato, arugula mix, celery, cucumber, carrots and choice of vegan dressing	7.25
Mediterranean Wrap (V) Marinated seasonal veggies in a balsamic vinegar ,arugula mix, avocado and cucumber Add tofu \$2.00 Add chicken \$2.50	7.25

SALADS

Dressings: Ranch, Light Ranch, Balsamic Vinaigrette,
Honey Mustard, Caesar and Italian. Vegan dressings:
cucumber ranch, ranch and avocado ranch

Caesar Salad Romaine, Caesar dressing, house-made garlic croutons and Parmesan cheese Add chicken 2.50	5.25
Balsamic Spinach Salad Spinach, pecans, and cranberries with balsamic dressing Add tofu \$2.00 Add chicken \$2.50	5.50
Buffalo Salad Your choice of buffalo chicken or cauliflower over a bed of arugula mix, diced tomato, celery, cucumber, and ranch or vegan ranch dressing	8.25
Mediterranean Salad Marinated seasonal veggies in a balsamic vinegar over a bed of arugula mix, avocado, cucumber and toasted chick peas to top it off Add tofu \$2.00 Add chicken \$2.50	7.25

SIDES

Kettle Chips	.50
Hummus and veggies (flavor may vary) Includes: celery and carrot sticks and cucumber slices Add fresh pita bread \$1.50	4.25
Seasonal Fresh Fruit	3.25
House made potato salad	2.00

BEVERAGES

Coffee	Regular	1.25	Large	2.25
Espresso	Single	1.75	Double	2.50
			(extra shot	1.25)
Latte or Cappuccino	Regular	2.75	Large	4.25
	Sweet or Unsweet Tea	\$1.50		
Canned Soda		1.00		
Juice: Apple or Orange		1.50		

Hours of Operation
Tuesday - Friday 8am - 6pm
Saturday 9am - 5pm