

EATS

BREAKFAST [7-11]

SAUSAGE & SYRUP BAGEL 6.99
sausage, maple syrup, gouda, egg, plain bagel

BACON & EGG BAGEL

bacon, egg, cheddar cheese, avocado aioli, everything bagel 6.99

SMOKEY SALMON BAGEL

smoked salmon, dill + caper crema, red onion, cucumber, arugula, egg, plain bagel 8.99

CALI BAJA WRAP

honey turkey, bacon, swiss cheese, avocado, sriracha aioli, egg, plain wrap 7.99

CHORIZO QUESADILLA

house-made chorizo, egg, salsa verde, sour cream, monterey jack, plain wrap 7.99

TOTALLY ROASTED

roasted red pepper, caramelized onion, tomato, avocado, roasted sweet potato & parsnip, farro, salsa verde, spinach, sundried tomato wrap 6.99 **VG**

THE VAT

vat 17 whipped cream cheese, prosciutto, tomato, arugula, extra virgin olive oil, plain bagel 7.99

THAT AVOCADO TOAST

avocado, roasted red beets, chickpea, arugula, lemon juice, extra virgin olive oil, pistachio, honey wheat 7.99 **VG**

- AVAILABLE ALL DAY -
FRUIT & YOGURT PARFAIT
with honey and almonds 4.99
HOUSEMADE QUICHE
rotating selection 5.99
HOUSEMADE MUFFINS
rotating selection 2.49
OATMEAL
earnest eats hot & fit cereal 3.49
BAGELS
everything, plain, cinnamon raisin,
whole wheat 1.99
+ cream cheese (.50)

SALADS [11-9]

Half Salad	Whole Salad
6.99	9.99

add chicken or turkey (2) or salmon (3)

FARRO SALAD

farro, roasted brussels sprout, curried parsnip and sweet potato, red onion, cranberry, toasted almonds, white balsamic vinaigrette **VG**

BEEF & APPLE SALAD

salt roasted beets, pink lady apples, blue cheese, toasted walnuts, mixed greens, champagne vinaigrette

THE MEDITERRANEAN

spinach and arugula, tomato, cucumber, kalamata olive, feta, chickpea, roasted red pepper, pine nuts, basil, red wine vinaigrette

HOT PANINI & WRAPS

[11-9]

9.99

CHOOSE YOUR SIDE: BAG OF CHIPS, PASTA SALAD OR CUP OF SOUP (1.00)

GLUTEN FREE BREAD OR WRAP OPTION AVAILABLE (1.00)

THE BASIC PANINI

chicken, bacon, cheddar cheese, peppercorn aioli, avocado aioli, ciabatta

THE JOLLY CLUB

turkey, cheddar, swiss, bacon, avocado, spinach, tomato, dijon honey mustard, honey wheat

B.A.L.T PANINI

bacon, avocado, tomato, spinach, buffalo aioli, sourdough

PHILLY YOU UP

au jus marinated beef, provolone, fontina, roasted red pepper, caramelized onion, mayo, baguette

CUBANO PANINI

smoked ham, pork belly, swiss, yellow mustard, house-made pickles, brioche

TURKEY MELT

smoked turkey, dijon mustard, grilled red onion, fontina, house-made pickles, sourdough

MAXWELL SILVER HAMMER

turmeric rice, roasted red pepper, curried parsnip and sweet potato, spinach, cilantro pickled red onion, sambal sauce, spinach wrap **VG**

CBR WRAP

chicken, bacon, ranch, buttered bread crumbs, velveeta, spinach, plain wrap

JALAPENO BIZNEZ

jalapeno, bacon, cream cheese, smoked cheddar, smoked gouda, whole grain mustard, brioche

DELI STYLE SANDWICHES & WRAPS

CHICKEN CAPRESE

fresh mozzarella, balsamic vinaigrette, mixed greens, basil pesto, heirloom tomatoes, chicken, sundried tomato wrap

THE CHARCUTERIE

vat 17 herbed cream cheese, sopressata, prosciutto, capicola, olive tapenade aioli, mixed greens, balsamic drizzle, ciabatta

SMOKED SALMON CLUB

smoked salmon, mixed greens, bacon, tomato, avocado, sriracha aioli, sourdough

SOUP OF THE DAY

[11-9]

CUP 3.99 BOWL 5.99

DRINKS

COFFEE AND ESPRESSO

BREWED STORYTELLER

2/2.5/3

BREWED SINGLE ORIGIN

2.5/3/3.5

AMERICANO

2.5/3/4

CAFE LATTE

3.5/4

CAPPUCINO

3.5/4

ESPRESSO

2.5

ESPRESSO MACHIATTO

3

ESPRESSO CON PANNA

3

NITRO COLD BREW

5

COLD & BLENDED

PINEAPPLE DETOX

coconut milk, pineapple, charcoal, agave

5.75

STRAWBERRY BANANA

whole milk, strawberry, banana

4.50

GREEN MACHINE

coconut milk, mango, spinach, kale

6

PROTEIN BONANZA

almond milk, banana, peanut butter, cocoa powder, dates

5.75

POTOSI ROOT BEER

2.5/3

PINEAPPLE JUICE

3

ORANGE JUICE

3

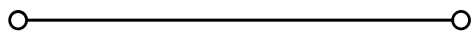
MILK

3

RISHI TEA

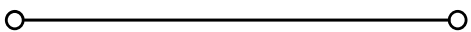
2.5

BLACK TEA



Earl Grey
English Breakfast
Chocolate Chai

GREEN TEA



Jasmine
Matcha Ginger Buzz
Orange Blossom

OOLONG TEA



Tropical Coconut



the **Buzz.**

SEASONAL & SPECIALTY

NUTELLA LATTE

chocolate, hazelnut, espresso, milk

4.5/5

HONEY BEE LATTE

honey, espresso, milk

4.5/5

PEANUT BRITTLE CORTADO

in-house only! salted caramel sauce with espresso, milk and housemade peanut brittle garnish

3.5

MAPLE SAGE LATTE

tapped maple syrup with sage, espresso and milk, topped with smoked sea salt

4.5/5/6.5

LONDON FOG

earl grey, milk

3.5/4

SWEET MATCHA LATTE

Rishi matcha powder, milk

4.5/5

MASALA CHAI LATTE

chai concentrate, milk

4.5/5

GINGERBREAD HOUSE LATTE

housemade ginger molasses syrup, espresso, milk, spiced whipped cream and gumdrop garnish

4.5/5/6.5

JOLLI-TEA

cranberry juniper syrup, Rishi Vanilla Bean tea, milk

4/4.5/5

SPICED PECAN LATTE

housemade spiced pecan syrup, white chocolate, espresso and milk

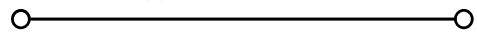
4/5/6.5

HERBAL



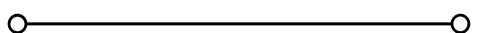
Chamomile Medley
Mystic Mint
Cinnamon Plum
Mushroom Hero

WHITE TEA



White Peony
Peach Blossom
White Tea Rose Melange

PU-ERH



Ginger