

# EATS

## BREAKFAST [7-11]

### SAUSAGE & SYRUP BAGEL 9.99

pork sausage patty, maple syrup, gouda, egg, plain bagel

### BACON & EGG BAGEL 9.99

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

### CALI BAJA WRAP 10.99

honey turkey, bacon, swiss cheese, avocado, buffalo aioli, egg, plain wrap

### BREKKY BURRITO 10.99

housemade rice and beans, egg, salsa verde, provolone, spinach, tomato, plain wrap

### AUTUMN HARVEST 11.99 VG

cinnamon roasted sweet potato, sliced apple, slivered almonds, kale, maple vanilla spread, spinach wrap

*\*available all day\**

### - AVAILABLE ALL DAY -

#### FRUIT & YOGURT PARFAIT

with honey and almonds

7.99

#### BAGELS

everything, plain

2.5

+ cream cheese (.50)

## SALADS [11-7]

Half Salad

8.99

Whole Salad

13.99

add grilled chicken breast (6) or vegan sausage (4) or miso salmon (5)

## MARKET DAY

spinach, arugula, grilled corn kernels, chopped parsley & cilantro, toasted sunflower seeds, pickled red onion, balsamic vinaigrette

## ROASTED SPROUTS

roasted & raw brussels sprout, pecans, sliced apple, dried cranberry, honey, goat cheese, balsamic vinaigrette

## PESTO CAESAR

chopped romaine & kale, cucumber, croutons, shaved parmesan, pesto caesar dressing

## HOT PANINI & WRAPS

[11-7]

14.99

CHOOSE YOUR SIDE: BAG OF CHIPS, PASTA SALAD OR CUP OF SOUP (2.00)

GLUTEN FREE BREAD OPTION AVAILABLE (2.00)

SUBSTITUTE VEGAN SAUSAGE (3.00)

## THE BASIC PANINI

chicken, bacon, cheddar cheese, avocado aioli, ciabatta

## B.A.L.T PANINI

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

## STROGANOFF STACKER

roast beef, sauteed mushroom, caramelized onion, horseradish sour cream, ciabatta

## TURKEY MELT

smoked turkey, dijon mustard, caramelized onion, swiss, house-made pickles, sourdough

## CBR WRAP

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

## SWEET SWINE O' MINE

spiced orange glazed ham, red cabbage slaw, swiss, ciabatta

## MANGO MASALA VG

red lentil curry & mango chutney served in a bowl with warm pita

## DELI STYLE

## SANDWICHES & WRAPS

## RUSTIC CHICKEN SALAD

grilled chicken, sliced apple, pecans, dried cranberry, mayo, honey, spinach, plain wrap

## HERBY CHICKPEA VG

garbanzo beans, cherry tomato, pickled onion, romaine lettuce, croutons, Italian herb spread, plain wrap

*\*available all day\**

## MISO SALMON WRAP

miso roasted salmon, pickled daikon radish, cucumber, red cabbage slaw, spinach wrap

## SOUP OF THE DAY

[11-7]

CUP 3.99

BOWL 5.99

# DRINKS

## COFFEE AND ESPRESSO

### BREWED HOUSE COFFEE

2.5/3/3.5

AMERICANO

3/3.5/4.5

CAFE LATTE

4.5/5/6.5

CAPPUCINO

4.5/5/6.5

ESPRESSO

3

ESPRESSO MACHIATTO

3.5

ESPRESSO CON PANNA

3.5

HOUSE COLD BREW

4.5/5/5.5

5

## COLD & BLENDED

MANGONADA

coconut milk, mango, agave, turmeric chili spice

7

STRAWBERRY BANANA

whole milk, strawberry, banana, agave

7

GREEN MACHINE

coconut milk, mango, spinach, agave

7

PROTEIN BONANZA

almond milk, banana, peanut butter, cocoa powder

7

POTOSI ROOT BEER

2.5

ORANGE JUICE

3

MILK

3

## RISHI TEA

3.5

### BLACK TEA

Earl Grey  
English Breakfast

### GREEN TEA

Blue Jasmine  
Orange Blossom  
Wild Thai

### OOLONG TEA

Tropical Coconut



the **Buzz.**

## SEASONAL & SPECIALTY

NUTELLA LATTE

chocolate, hazelnut, espresso & milk

5/6/7

HONEY BEE LATTE

honey, espresso & milk

5/6/7

MAPLE PUMPKIN SPICE LATTE

housemade maple pumpkin sauce,  
espresso & milk

5/6/7

HONEY PISTACHIO LATTE

pistachio syrup, honey, espresso & milk

5/6/7

BROWN BUTTER

CHOCOLATE LATTE

housemade brown butter syrup \*contains  
dairy\*, chocolate sauce, espresso & milk

5/6/7

CARAMEL APPLE CHAI

Rishi masala chai, apple syrup, caramel  
sauce & milk \*iced only\*

5/6/7

HOT APPLE CIDER

a fall staple, duh!

ask us to add caramel (.75)

4.5/5.5/6.5

SWEET MATCHA LATTE

Rishi matcha powder, milk

5/5.5/6.5

CHAI LATTE

Rishi chai concentrate, milk

5/5.5/6.5

### HERBAL

Chamomile Medley  
Mystic Mint  
Cinnamon Plum

### WHITE TEA

White Peony  
Peach Blossom  
White Tea Rose Melange

### PU-ERH

Ginger