

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
Vanilla Bean

GREEN TEA

Blue Jasmine
Orange Blossom
Green Jasmine

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

SUGAR COOKIE LATTE

housemade sugar cookie syrup, espresso & milk, topped with sprinkles

5/6/7

ALMOND COOKIE LATTE

housemate almond syrup, white chocolate sauce, espresso & milk, topped with whipped cream and a cherry

5/6/7

PEPPERMINT SAGE LATTE

housemade peppermint sage syrup, espresso & milk

5/6/7

SNICKERDOODLE CHAI

housemade cinnamon syrup, rishi masala chai concentrate, milk, topped with cinnamon sugar

5/6/7

GINGERBREAD MATCHA

housemade gingerbread syrup, rishi sweet matcha powder, milk

5/6/7

SWEET MATCHA LATTE

Rishi matcha powder, milk

5/5.5/6.5

CHAI LATTE

Rishi chai concentrate, milk

5/5.5/6.5

MEDICINE BALL TEA

orange blossom & mystic mint tea, honey and lemonade

4.5

HERBAL

Chamomile Medley
Mystic Mint
Cinnamon Plum
Ginger

WHITE TEA

White Peony
Peach Blossom
White Tea Rose Melange

PU-ERH

Ginger