

# 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

### UMAMI ZEN 11.99 VG

soy marinated tofu scramble, umami glazed mushroom, cabbage slaw, kale, plain 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

## COBB SALAD

chopped romaine, hard boiled egg, red onion, bacon, cheddar, blue cheese, tomato, avocado, croutons, green goddess 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

## PESTO CHICKEN WRAP

herb encrusted chicken, pesto, tomato, arugula, parmesan, plain wrap

## CUBANO

glazed pork, swiss, honey dijon, housemade pickles, bacon, ciabatta

## MEDITERRANEAN BOWL VG

housemade falafel, tzatziki, hummus, chickpea, shaved carrot, cucumber, harissa, olives, pita

## DELI STYLE

## SANDWICHES & WRAPS

## RUSTIC CHICKEN SALAD

grilled chicken, sliced apple, pecans, dried cranberry, spiced honey aioli, spinach, spinach wrap

## HERBY CHICKPEA VG

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

*\*available all day\**

## SALMON BAHN MI

miso roasted salmon, pickled daikon radish, cucumber, red cabbage slaw, spiced yuzu orange reduction, baguette

## 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

housemade 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