



Breakfast

SIMPLE BREAKFAST

Granola Parfait ... 5.5

Fresh berries with vanilla yogurt and homemade almond pecan granola.

Fruit, Granola, + Almond Milk ... 6

Fresh berries, bananas, our homemade almond pecan granola, and almond milk.

GF The Nina ... 5

2 eggs over medium* with cheddar. Served with choose of side.

Bagel ... 2

Your choice of plain, sesame, everything, cinnamon raisin, or whole wheat bagel.

/ Butter is on the house. Add cream cheese for \$.75. Vegan butter for \$.75

V Acai Bowl ... 8

Blended acai, blueberries, blackberries, strawberries, and kiwi. Topped with almond pecan granola, kiwi, chia seeds, coconut flakes, and fresh berries.

WRAPS & SANDWICHES

Includes choice of sweet potato hash, fruit cup, side salad, cup of soup, or \$3 bakery item.

Southwest ... 8.5

Two eggs on choice of bagel with roasted red peppers, arugula, pepperjack, and chipotle aioli on the side.

/ Add turkey bacon \$1.50

Green Eggs Wrap ... 8.5

Two eggs with tomato, mozzarella, arugula, and pesto in a wrap.

/ Add turkey bacon for \$1.50

BLT Avocado ... 9.5

Turkey bacon, spinach, tomato, avocado, and chipotle aioli on sourdough toast.

/ Add 2 eggs for \$2.50

Barista Burrito ... 8.5

Two eggs with tomato, avocado, pepperjack, chipotle aioli, and spring mix.

/ Add turkey bacon for \$1.50

Egg White Wrap ... 8

Egg whites, spinach, tomato, and home made san diego sauce.

/ Add turkey bacon for \$1.50

Egg & Cheese Sandwich ... 7.5

Two eggs with cheddar served on choice of bagel, wrap, or bread.

/ Add turkey bacon for \$1.50

OPEN FACE SANDWICHES

Includes choice of sweet potato hash, fruit cup, side salad, cup of soup, or \$3 bakery item.

The Gardener ... 7.5

Choice of bagel with cream cheese, capers, sliced tomato and cucumbers.

Eggsparagus ... 9.5

Grilled asparagus, tomato, avocado, and 2 over medium eggs on a slice of sourdough toast.

Cheddar Kale Melt ... 9.5

Sautéed kale, red onions, cheddar, and 2 over medium eggs on a slice of sourdough toast.

/ Add turkey bacon for \$1.50

V Avocado Toast ... 7

Our home made almond san diego sauce and slices of avocado on a slice of multigrain toast.

/ Add two eggs for \$2.50

Lox Bagel ... 12.5

Choice of bagel with smoked nova salmon, cream cheese, capers, sliced cucumbers, and diced red onion.

BIGGER BREAKFAST

Includes choice of sweet potato hash, fruit cup, side salad, cup of soup, or \$3 bakery item.

GF Ryan's Breakfast ... 11

Sautéed kale, onions, peppers, and mushrooms topped with 3 over easy eggs*.

/ Add cheddar, mozzarella or pepperjack for \$.75 Add turkey bacon for \$1.50

GF Classic Pancakes ... 9

Stack of 3 classic pancakes served with butter and real maple syrup.

GF Adriann's Garden Eggs ... 9.5

2 over easy eggs* served on mixed greens with cucumbers, capers, and avocado. Served with our homemade lemon herb dressing.

/ Add turkey bacon for \$1.50

GF Veggie Sausage Frittata ... 11.5

Veggie sausage, spinach, mushrooms, onions, + gorgonzola.

GF Turkey Bacon Frittata ... 11.5

Turkey bacon, kale, poblano peppers and cheddar.

GF Sweet Potato Hash ... 10

Peppers, onions, sweet potatoes, and 3 over easy eggs*.

/ Add turkey bacon for \$1.50

SIDES

Whole Wheat Toast ... 1

Fruit Cup ... 3.5

Turkey Bacon ... 1.5

Sourdough Toast ... 1

Avocado ... 1.5

Veggie Sausage ... 2

contains soy, egg, and wheat

2 Eggs ... 3

**Consuming raw or undercooked poultry, or eggs may increase your risk of food borne illness.*

Lunch & Dinner

SPECIALS SO GOOD, THEY STAYED

Includes choice of sweet potato hash, fruit cup, side salad, cup of soup, or \$3 bakery item.

GF Chicken Veggie Fajitas ... 13

Cajun spiced chicken, topped with grilled onions and peppers. Served on two toasted corn tortillas with house made guacamole and pico de gallo. Sour cream available upon request.

V Acai Bowl ... 8

Blended acai, blueberries, blackberries, strawberries, and kiwi. Topped with almond pecan granola, kiwi, chia seeds, coconut flakes, and fresh berries.

WRAPS

Includes choice of sweet potato hash, fruit cup, side salad, cup of soup, or \$3 bakery item.

Chicken Chipotle Wrap ... 10.5

Grilled chicken with avocado, tomato, spring mix, and chipotle aioli.

Chicken Caesar Wrap ... 10.5

Grilled chicken, romaine lettuce, parmesan, and caesar dressing.

SALADS

GF Strawberry Spinach Salad ... 8

Strawberries, almonds, gorgonzola, spring mix, and spinach served with our homemade sesame poppy on the side.

GF Maddie Salad ... 8.5

Mixed greens topped with avocado, tomato, cucumber, red onions, cashews, and feta. Creamy caesar dressing served on the side.

BURRITOS

Includes choice of sweet potato hash, fruit cup, side salad, cup of soup, or \$3 bakery item.

Butternut Bean Burrito ... 11

Roasted butternut squash, black beans, spinach, red onions, mozzarella, pepperjack, and chipotle aioli.

/ Add chicken \$2 or turkey bacon \$1.5

V Curried Lentil Burrito ... 11

Curried Lentils with roasted butternut squash, caramelized onion, and kale in a flour tortilla.

PANINIS

Includes choice of sweet potato hash, fruit cup, side salad, cup of soup, or \$3 bakery item.

Optimus Prime ... 10.5

Roasted cauliflower, caramelized onion, poblano pepper, with pepperjack and cheddar.

The Vermonter ... 9.75

Mozzarella, apple, and cheddar.

SIDES

V GF Cup of Soup ... 3.5

V GF Portabella Fajitas ... 12

Cajun spiced portabella mushrooms, topped with grilled onions and peppers. Served on two toasted corn tortillas with house made guacamole and pico de gallo. Sour cream available upon request.

Tuna Melt ... 12

White albacore tuna salad mixed with roasted broccoli. Topped with tomato and melted cheddar jack cheese. Served on toasted multigrain ciabatta.

V San Diego Wrap ... 10

Avocado, tomato, cucumber, carrot, spring mix, and almond San Diego Sauce.

California Wrap ... 10

Cream cheese, avocado, tomato, cucumber, carrot, and spring mix.

/ Add lox for \$4.

V GF Lemon Herb Salad ... 7.5

Cucumbers, carrots, peppers, red onions, on a bed of mixed greens, and served with our home made lemon herb vinaigrette on the side.

V GF Super Salad ... 8

Strawberries, walnuts, and dried cranberries on kale, marinated with our sesame poppyseed dressing.

/ Add smoked gouda or feta for \$.75

Add grilled chicken for \$2.

Order your burrito "naked" and enjoy a delicious gluten free bowl.

2.0 Burrito ... 11

Roasted butternut squash, caramelized onions, kale, feta, and chipotle aioli.

/ Add chicken \$2 or turkey bacon \$1.5

Balsamic Chicken Burrito ... 11

Sliced grilled chicken with fresh mozzarella, tomato, spinach and our awesome house made balsamic vinaigrette

Chicken Pesto ... 10.5

Chicken, roasted red peppers, spinach, mozzarella and pesto.

Tomato Spinach Pesto ... 10

Tomato, spinach, feta, mozzarella, and our home made almond basil pesto.

V GF Bowl of Soup ... 6.5

Portabella Veggie Burger ... 13

Fresh made in house with portabella, black beans, broccoli, and red onion. Topped with spring mix, tomato, and dijon mustard. Served on toasted multigrain ciabatta. Order it "Naked" and make it Gluten Free

/ Add avocado for \$1.5

V Curried Lentil Burrito ... 11

Curry spiced lentils with roasted butternut squash, caramelized onion, and kale in a flour tortilla.

Cranberry Walnut Wrap ... 10

Apples, cranberries, walnuts, spring mix, gorgonzola, tossed in our sweet sesame poppy dressing.

/ Add Chicken for \$2.

V GF Spicy Moroccan Chickpea Salad ... 7.5

Chickpeas seasoned with cumin, coriander, garlic, and red pepper served with sautéed spinach, roasted beets, roasted butternut squash, + pumpkin seeds. Add feta for \$.75

Caesar Salad ... 7.5

Fresh romaine with parmesan, seasoned croutons, and creamy caesar dressing served on the side.

Buffalo Cauliflower Wrap ... 11

Roasted cauliflower toasted in Franks hot sauce with fresh red onions, spinach and gorgonzola

Chicken Apple Cheddar ... 10.5

Chicken, spring mix, apple, honey mustard, and cheddar.

Turkey Bacon & Kale ... 10.5

with mozzarella and cheddar

Grilled Asparagus ... 3

Eat Well. Live Well. Be Well.