



Breakfast

Baked Eggs Sautéed arugula, mushrooms, and onion. Topped with a gruyere cheese sauce and 2 organic eggs cracked on top. Served with 2 slices of baguette toast. **\$10**

Chorizo Baked Eggs Sautéed chorizo red potato and onion. 2 organic eggs cracked on top and baked. Topped with sour cream, a red chili sauce, and green onions. **\$12**

Monte Cristo Sandwich Brioche bun done like a french toast. Turkey, pastrami, 2 organic eggs, gruyere cheese, and dijon. Baked, then drizzled with maple syrup. Served with a side of fruit. **\$8.95**

Oatmeal Plain/Sides Oatmeal made with water. Sides are fresh fruit, sliced almonds, coconut, sunflower seeds, and currants. **\$4.25/6.50**

Muesli Oats, chia, shredded apples, flax seed, honey soaked in almond milk. Topped with vanilla greek yogurt, shredded coconut, sunflower seeds, and currents. **\$6**

Granola Yogurt Parfait Greek yogurt infused with vanilla bean and honey. Topped with house made granola and seasonal fruit. **\$6**

Small Bites

Hummus Chick peas, tahini, garlic parsley, lemon, and salt. **\$5.95**

Sweet Potato Frittata Sweet potato mash, topped with 1 organic egg, turkey bacon and green onion. **\$4**

Ham and Brie Croissant Croissant filled with ham and brie with a honey thyme drizzle. **\$6**

Mac & Cheese Shell pasta with gruyere, white cheddar, ricotta and smoked gouda cheese. Baked and topped with parsley and bread crumbs. **\$4.95**

Chia Seed Pudding Chia seeds soaked in almond milk, with lemon zest and honey. Topped with shredded coconut, sliced almonds, sunflower seeds, and currants. **\$6**

Chef's Specials

Mediterranean Chicken Salad Quinoa Bowl Rainbow quinoa with fresh cucumbers and cherry tomatoes topped with shredded chicken breast, roasted pine nuts, parsley, and red wine vinaigrette. **\$10.95**

Pulled Pork Golden Quinoa Bowl Golden quinoa topped with slow roasted pulled pork, a house made pickled green and purple cabbage slaw with an avocado cilantro sauce. **\$10.95**

Chilled Buckwheat Soba Noodles Buckwheat soba noodles soaked in a ginger tahini sauce, with julienne carrots, green onion and topped with black sesame seeds. **\$8.95**

Arugula Salad Arugula, faro, sliced roasted red peppers, currants, feta, topped with a red wine vinaigrette and cherry tomatoes. **\$8.95**



Savory Bread Pudding Lamb sausage mixed with chopped focaccia and an egg custard, topped with cheese and green onions. Served with a side salad. **\$9.95**

Black Bean Veggie Burger House made black bean and quinoa veggie burger with roasted red pepper and flax seeds. Served on a brioche bun topped with lettuce, tomatoes and a red onion escabeche. Served with a side of kettle chips and a piquillo pepper ketchup. **\$10.95**

Mediterranean Chicken and Hummus Chicken thigh roasted with sumac and caramelized onions. Served with house made hummus and pita. **\$13.95**

Panini & Sandwiches

Pulled Pork on Focaccia Slow roasted pulled pork, pickled cabbage slaw, avocado cilantro sauce served on focaccia bread with a parsley aioli. **\$9.95**

Caprese Panini Mozzarella, tomato, and fresh basil and avocado pesto on focaccia bread. **\$8.50**

Salmon Open -Faced Sandwich Smoked salmon, dill, herb creme fraiche, and olive oil marmalade on a European dense rye bread. Served with a side salad. **\$8.50**

Pastrami Sandwich Sliced beef pastrami topped with pickled green slaw and Sriracha mayonnaise on marbled rye bread **\$8.95**

Egg Salad Classic egg salad on sliced wheat bread with fresh parsley. **\$6.95**

Aztec Tuna Salad Tuna salad with cherry tomatoes, red onions, and jalapenos, served on sliced whole wheat. **\$7.50**

Turkey Panini Sliced turkey, tomatoes, and fresh mozzarella. Served with an avocado pesto and a balsamic reduction. Pressed and served warm. **\$10.95**

Sides

Chips Sea salt and black pepper kettle chips **\$1.50**

Side Salad Red leaf lettuce, arugula, cherry tomatoes, sunflower seeds dressed with a red wine vinaigrette. **\$2.50**

Fruit Cup Fresh seasonal fruit. **\$2**

Fruit Bowl Fresh seasonal fruit. **\$4.95**