

BAGELS

Bagels	1.30 ea
Baker's Dozen	15

TOP OF THE MORNING

Breakfast Special	8
Toasted bagel, scrambled eggs with your choice of home fries or salad + small coffee • Available until 12pm	
Pancakes	9
Syrup, Powdered Sugar, Butter	
Breakfast Burrito	10
Breakfast Sandwich	12
Egg, American Cheese, Hash Browns, Avocado, Spicy Mayo	
Red Eggs & Bam	18
French Toast Coming Soon!	

EGGS & OMELETTES

served with a bagel or wrap
• can be made with egg whites •

Add Home Fries +3.50 | Add Side Salad +2.50

Eggs Any Style	6
Scrambled - Sunny Side - Over Easy, Medium, Hard Add Cheese +\$1 • Add Cream Cheese +1	
Classic Cheese Omelette	8
Mozzarella Cheese & Red Onions	
Omelette Your Way	9
Choice of 3 Vegetables • Cheese +1	
Mushroom Swiss Omelette	9
Sautéed Onion, Swiss Cheese	
Jalapeño Cheddar Omelette	9
Diced Jalapeños, Cheddar Cheese	
Spinach Omelette	9
Spinach, Mozzarella, & Sun Dried Tomato	
Seasonal Veggie Omelette	9
Red Peppers, Broccoli, Red Onions	

SANDWICHES

on a bagel or wrap

Butter Bagel	3
Cream Cheese Bagel	3.50
Scallion +0.75, Vegetable +0.75 or Lox Cream Cheese +2	
Egg Salad Bagel	4.50
PB & Jelly	5
Avocado Bagel	6
Tuna Salad Bagel	6.50
Bagel, Lox & Cream Cheese	8
Grilled Cheese	9
Cheddar, Mozzarella, & Fresh Mozzarella on a Bagel	

ARTISANAL SOURDOUGH TOASTS

PB&J Toast	10
Peanut Butter, Fresh Sliced Banana with House Made Jam & Powdered Sugar On A Cinnamon Craisin Bagel	
Avocado Toast	10
Mashed Avocado, Diced Red Onions & Tomatoes with a Fried Egg & Everything Spice	
Tuna Melt	11
House Made Tuna Salad with Sliced Tomato, Cheddar Cheese & Oven Baked	
Pesto Melt	11
Sliced Tomato, Fresh Mozzarella, Pesto Sauce	
Lox Toast	12
Lox, Cream Cheese, Red Onion, & Capers	
Garden Caprese	12
Fresh Tomato, Cucumber, Red Onions, Crispy Greens, Fresh Mozzarella, Balsamic Glaze	
Rosemary Grilled Cheese	12
Tomatoes, Avocado, Cheddar Cheese, Mozzarella, & Fresh Mozzarella	
Tuna Avo Toast	15
Salm-wich	20
Grilled Salmon, Lettuce, Tomato, Onion, Avocado, Spicy Mayo	

for peace
of mind
and full
of tummy

SOUPS

Veggie of the Day	6
Cream of the Day	8
Soup of the Day	8

MAINS

Grilled Salmon	11
Sesame Tuna Steak	12
Penne alla Vodka	16
Fettucine Alfredo	17

SNACKS

Home Fries	5
Add Cheese +2	
Sweet Potato Fries	7
Add Cheese +2	
Pizza Bagel	7
House Marinara & Shredded Mozzarella	
Roasted Broccoli	9
Grain Salad	9
Nacho Munch	12

SALADS

Caesar Salad	12
Croutons, Parmesan, Red Onions, Tomatoes, Romaine, Caesar Dressing	
Greek Salad	16
Kalamata Olives, Sliced Red Pepper, Cucumber, Tomato, Red Onion, Feta Romaine, Red Wine Dressing	
Rosemary Quinoa Salad.....	18
Diced Onions, Tomato, Roasted Red Peppers, Lettuce, Cucumbers, Carrots, Hearts of Palm, Roasted Mushrooms, Roasted Tomato Dressing	
Waldorf Rosemary Salad.....	18
Sliced Apple, Candied Almonds, Craisins, Sweet Potato, Shaved Celery, Feta, Spring Mix, Lemon Yogurt Dressing	
Full of Zoodle	18
Carrot, Zucchini, Beet Zoodles, Mushroom, Peppers, Craisins, Cherry Tomato, Almonds, Romaine, Sweet N' Sour Dressing	
Sunny Beet Salad	18
Beets, Avocado, Mango, Craisins, Slivered Almonds, Feta, Spring Mix, Strawberry Balsamic Dressing	
Munch Much Protein Salad...22	
Scoop Of Tuna, Sliced Egg, Red Pepper, Onion, Cherry Tomato, Purple Cabbage, Chickpeas, Romaine, Ranch Dressing	
Blackened Salmon Salad	23
Blackened Salmon, Tomato, Roasted Corn, Pepper, Onion, Romaine, Ranch Dressing	
Sesame Tuna Salad	23
Sesame Seared Tuna, Candied Peanuts, Shredded Carrots, Edamame, Cucumber, Spring Mix, Thai Peanut Dressing	

DESSERTS

Muffin	3.50
Cheese +1	
Scone	3.50
Chocolate Danish	4.50
Cheese Danish	4.50
Tossed Donuts	6
Cinnamon raisin bagel doughnut bites, fried & coated in sugar with a caramel chocolate drizzle	

Fancy
this

DRINKS

sm med lg

CLASSICS

Coffee	2.50	3	3.50
Tea	2.50	3	3.50
Espresso	2.75		
Americano	3	4	5
Iced or Hot			
Latte	4	5	6
Iced or Hot			
Cappuccino	4	5	6
Iced or Hot			
Iced Cold Brew	4	5	6

THIRSTIES

Iced Passion Tea...4.50	5	6.50
Add lemonade .50		
Strawberry Splash ..4.50	5	6.50
Rosemary Palmer ..4.50	5	6.50
Sunrise	4.50	5 6.50
Pink	4.50	5 6.50
Matcha	4.50	5 6.50
Purple Lemonade.. 4.50	5	6.50

FROZEN

FroJoe	5.50	6	7
Caramel Frappe	6	7	8
Mocha Frappe	6	7	8
Strawberry Frappe	6	7	8
Vanilla Frappe	6	7	8
Matcha Frappe	6	7	8
Lemonana	6	7	8

FOAM-O

Hot Chocolate	4.50	5	6.50
Caramel			
Macchiato	4.50	5	6.50
Pistachio White			
Chocolate	4.50	5	6.50
Peanut Butter	4.50	5	6.50
Chai	4.50	5	6.50

