# HOURS

MON-FRI 8:30-8:30 SAT 10-5 CLOSED SUN





# + COFFEE & TEA+

# DRINK MENU

#### **ESPRESSO**

DOUBLE SHOT - \$3.60 MACCHIATO - \$4.20 CORTADO - \$4.75 FLAT WHITE - \$4.80 CAPPUCCINO - \$4.90 LATTE - \$5.00 AMERICANO - \$3.60

## COFFEE

DRIP - HOT OR ICED 120Z - \$3.50 160Z - \$3.75

## SPECIALTY

ESPRESSO TONIC - \$5.75 MOCHA - \$5.75 HOT COCOA - \$4.75 CHAI LATTE - \$5.50 MATCHA LATTE - \$4.95

### CHECK OUT THE CHALKBOARD INSIDE FOR A LIST OF SEASONAL DRINKS!

SIMPLE SYRUP +.75 VANILLA

CINNAMON







#### LAVENDER VANILLA MAPLE

#### Black, Green, Oolong & Herbal Loose Leaf HOTTEA - \$4.25 ICEDTEA - \$4.70

#### OAT OR ALMOND MILK +1.00

# FOOD MENU

## **BAKED GOODS**

House-made scones, muffins & cookies.

# **SMOOTHIES**

#### STRAWBERRY BANANA - \$8.00 **GF** Strawberries, banana, plain yogurt & OJ. Sub oat milk to make it vegan. **V**

GREEN - \$8.75 **GF V** Banana, baby kale, orange pineapple juice, coconut milk.

# CAFÉ FAVORITES

SEASONAL FRITTATA - \$6.75 Eggs baked with vegetables, cheese and herbs. Flavors change seasonally. **GF** 

#### STEAMED OATMEAL - \$5.75

Oats, toasted coconut, almonds, dried cranberries & apricots, crystallized ginger, and chia steamed with your choice of milk and sweetener.

# **GRAB & GO**

SEASONAL CHIA PUDDING - \$6.00 A protein and fiber rich pudding made from chia

# **PANINI PRESS**

BREAKFAST SANDWICH - \$10.25 Bacon, egg, cheddar and creamy miso chili crisp sauce on a homemade everything seasoning english muffin.

#### MEATLESS BREAKFAST

SANDWICH - \$10.25 Portobello "bacon", egg, cheddar and creamy miso chili crisp sauce on a homemade everything seasoning english muffin.

GRILLED CHEESE - \$7.80 Provolone, mozzarella & garlic cheese.

HAM & CHEESE CROISSANT - \$8.80 Garlic and rosemary cured pork loin, cheddar and minced shallot dijonaise.

#### PORTOBELLO ARTICHOKE

SANDWICH - \$8.80 Roasted portobello, artichoke, red onion, roasted red pepper, pepita pesto and arugula toasted on an Italian roll. **V**  seeds. Flavors change seasonally. **GF V** 

CHICKPEA KALE SALAD - \$6.50 Kale, chickpeas, zucchini, carrots, pickled red onion and lemon vinaigrette. **GF V** 

#### CHICKEN PESTO WRAP - \$10.40

Garlic herb wrap, sharp provolone cheese, mixed lettuce, local chicken breast, tomato, pickled red onion, house-made basil sunflower seed pesto (no nuts). - NOT HEATED

ROASTED VEGGIE HUMMUS WRAP - \$9.65 Spinach wrap, roasted seasonal vegetables, hummus (contains tahini), mixed lettuce, balsamic vinaigrette. - NOT HEATED **V**