the MENU

Egg sandwich with cheese \$5 with bacon or sausage with cheese \$6 or spinach, tomato and avocado with cheese on a hard roll \$6

Daily Quiche \$8

Açaí bowl topped with our homemade pb granola, bananas, berries and local honey \$14

Yogurt parfait bowl with our homemade pb granola and berries \$12

Daily omelette with homefries and toast \$13

Our breakfast bowl with 2 fried eggs over homefries, spinach, tomatoes, avocado and hollandaise \$14

Protein scramble 4 scramble eggs, chopped sausage, bacon topped with cheese, salsa and sour cream \$12

Peanut Protein yogurt with fresh fruit \$12

Turkey, avocado, Monterrey Jack, lettuce, tomato and honey mustard in a wrap \$12

Turkey, chedgar, apple, spinach and honey

Our marinated chicken gyro served with Greek ouves, feta, cukes, avocados and taziki on a grilled pita \$13

Make Eshrimp \$14 Sub a GF-low carb pita add \$3 Our chicken salad with cranberries walnuts with lettuce on Italian \$12

Grilled Chicken, avocado, spinach, ranch bacon and cheddar in a grilled wrao \$12

Hummus plate with feta, tomatoes, Greek olives, cukes and roasted red peppers served with a grilled pita \$12

Sub GF low carb pita add \$3

Fresh mozz, basil pesto, tomatoes and spinach on grilled Italian \$13 add turkey or chicken \$15

Roast beef, caramelized onions, horseradish Mayo and provolone on grilled rye \$13

> BLAT on toasted Italian \$12 Add turkey \$14

Daily smash burger served on a grilled hard roll \$14

> Grilled cheese \$8 add avocado or bacon \$2 each

Simple turkey, roast beef or tuna on choice of bread with lettuce, tomato and dressing \$10

1/2 of a simple sandwich with a cup of soup \$12

Have any of our sandwiches as a salad bowl \$13

1/2 specialty sandwich and a cup of our homemade soup \$14

Soup \$5 cup \$12 togo quart

All sandwiches served with potato salad

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