

# 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, cheddar, apple, spinach and honey mustard on Italian \$12

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

Make it shrimp \$14

Sub a GF low carb pita add \$3

Our chicken salad with cranberries, walnuts with lettuce on Italian \$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 \$12

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

Seared tuna served with lemon dill vinaigrette over a spinach, cucumber and avocado salad with a side of sliced tomatoes \$13

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

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

1/2 sandwich and a cup of our homemade soup \$13