

BREAKFAST

Ciabatta roll • English Muffin • Milk Roll • Croissant

EGG & CHEDDAR with chipotle aioli spread **8.75**

TURKEY SAUSAGE, EGG & CHEESE **9.75**
with chipotle aioli spread

BACON, EGG & CHEESE **9.49**
with chipotle aioli spread

HAM, EGG & CHEESE **8.75**
with chipotle aioli spread

SOUTH OF THE BORDER WRAP **11.99**
Whole wheat wrap with eggs, Cabot cheddar, pepper, bacon, onions and salsa

POWER BREAKFAST WRAP **11.99**
Egg whites, bacon, spinach, Cabot cheddar & salsa on whole wheat or lavash

BREAKFAST PIZZETTA **13.49**
Alfredo sauce, Cabot cheddar, red onion, eggs, bacon, diced tomatoes

AVOCADO TOAST **10.99**
Guacamole, queso fresco, roasted tomatoes dorati, sprig of cilantro and egg served on sourdough bread

QUICHE DU JOURE **8.99**
Serve with choice of sides

BREAKFAST BOWL **12.99**
Roasted potatoes, scrambled egg, spinach, bacon, turkey sausage, cheese and salsa

OATMEAL BAR **10.99**
Brown sugar, golden raisins, candied walnut and fresh strawberries



SANDWICHES

Your choice of daily home bread. Comes with a bag of chips
Add a side for 3.99

TUNA MELTED **13.99**
Tuna salad, Swiss cheese and tomatoes

CHICKEN PESTO **14.99**
Grilled chicken, pesto sauce, field green, balsamic vinaigrette, tomato, red onion and balsamic glazed

CHIPOTLE CHICKEN **13.99**
Cabot cheddar cheese, lettuce, tomato, red onion and chipotle mayo

TURKEY BACON & SWISS **13.79**
Honey mustard, lettuce, red onion and tomatoes

TURKEY AVOCADO MELTED **14.99**
Roasted tomatoes dorati, bacon, Cabot cheddar, avocado ranch

CAPRESE **11.99**
Sliced fresh mozzarella and tomatoes, with basil pesto, topped with fresh basil and balsamic glazed

GRILLED CHEDDAR CHEESE **12.99**
Cabot cheddar cheese, roasted tomatoes dorati

CHICKEN SALAD SANDWICH **13.99**
Chicken, gala apple, red grapes, celery, mayo, lettuce and lemon juice served on warm raisin bread

BLT **12.99**
Roasted red pepper mayo

Before placing your order, please inform your server if a person in your party has a food allergy.

SALADS

Served with a side bread
Add Chicken 5.49 or Grilled shrimp 6.49

GREEK 10.99

Salad mix, kalamata olives, cucumbers, feta cheese, red onion, grape tomatoes served with Greek dressing

CHICKEN CAESAR 15.29

Romaine lettuce, Parmesan cheese, croutons and creamy Caesar dressing

FORNAX CHICKEN FARM 15.99

Lettuce mix, balsamic dressing, fresh mozzarella, grape tomato, cucumber, roasted kalamatas, julienne red onion and peppers. Drizzled with balsamic glaze

CHICKEN SPINACH AVOCADO 15.99

Mandarin orange, red onion, carrots, pine nuts, toasted almond, with southwest cilantro lime vinaigrette

FIVE GRAINS & CHICKEN 16.29

Grilled chicken, romaine lettuce, farro, quinoa, black rice, corn, sunflower seed, carrot, roasted beets, basil with balsamic vinaigrette

FIELDS GREEN & GOAT CHEESE 14.99

Fields green, fresh strawberry, red grapes, blueberry, walnut and goat cheese with lite raspberry vinaigrette

GALA GREEN APPLE 14.99

Field green, walnut, pine nuts, sunflower seeds, avocado and cider vinaigrette

Lite Raspberry Vinaigrette • Southwest Cilantro Lime Vinaigrette

Balsamic Vinaigrette • Lemon, basil & olive oil • Blue Cheese

Greek • Creamy Caesar • Ranch



WRAPS

Your choice of Flour Tortilla, Wheat or Lavash

ROASTED VEGGIE WRAP 11.29

Lettuce mix, balsamic dressing, zucchini, summer squash, red and green pepper, caramelized onion, Goat cheese, balsamic glaze

CHICKEN CAESAR 12.99

Romaine Lettuce, croutons, Parmesan cheese and Caesar dressing

CHICKEN SALAD 12.99

Chicken, gala apple, red grapes, celery, mayo, lemon juice and lettuce

MEDITERRANEAN VEGGIE 12.99

Roasted red pepper hummus, baby spinach, roasted veggie, banana pepper, basil pesto, lemon basil olive oil

TUNA SALAD 11.49

Romaine lettuce, tomato, red onion

PIZZETTAS

CHICKEN AND GARLIC 15.29

Roasted garlic, cheese blend, caramelized onion, chicken and goat cheese and fresh basil

SPINACH & GOAT CHEESE 14.79

Pizza sauce, cheese blend, Spinach, caramelized onion, goat cheese and fresh basil

CAPRESE 14.29

Pizza sauce, roasted tomatoes dorati, fresh mozz, salt and pepper, balsamic glazed, basil and fresh basil

SPINACH ROASTED TOMATOES 14.79

Alfredo sauce, cheese blend, spinach, caramelized onion, goat cheese, roasted tomatoes dorati

Before placing your order, please inform your server if a person in your party has a food allergy.

COFFEE, TEA & MORE

BATCH BREW

**GUATEMALA
MEDIUM ROAST**

	12oz	16oz
GUATEMALA MEDIUM ROAST	3.00	3.50

**COLOMBIA
DECAF MEDIUM ROAST**

COLOMBIA DECAF MEDIUM ROAST	3.00	3.50
--	------	------

ESPRESSO DRINKS

ESPRESSO 3.00 Extra shot 2.75

AMERICANO

Espresso & hot water

AMERICANO	3.25	3.75
------------------	------	------

CAPPUCCINO

Espresso, steamed & foamed milk

CAPPUCCINO	4.00	4.50
-------------------	------	------

LATTE

Espresso & steamed milk

LATTE	4.00	4.50
--------------	------	------

MOCHA LATTE

A classic combination - espresso, steamed milk & chocolate

MOCHA LATTE	4.50	5.00
--------------------	------	------

CARAMEL MACCHIATO

A classic combination - espresso, steamed milk & caramel

CARAMEL MACCHIATO	4.50	5.00
--------------------------	------	------

Locally
Roasted by



TEAS & MORE

LOOSE LEAF TEA

Ask server for tea options

	12oz	16oz
LOOSE LEAF TEA	----	3.50

CHAI LATTE

CHAI LATTE	4.00	4.50
-------------------	------	------

MATCHA LATTE

High-grade Japanese tea,
finely powdered with steamed milk

MATCHA LATTE	4.50	5.00
---------------------	------	------

HOT CHOCOLATE

HOT CHOCOLATE	4.00	4.50
----------------------	------	------

ICED DRINKS

COLD BREW

	16oz	24oz
COLD BREW	4.50	5.50

ICED TEA (Ask server for flavor options)
Additional charge flavored

ICED TEA	3.00	4.00
	Add .50	Add. 75

ICED LATTE

ICED LATTE	4.00	4.50
-------------------	------	------

ICED CHAI

Our classic chai, served with milk over ice

ICED CHAI	4.00	4.50
------------------	------	------

ICED MATCHA

High-grade Japanese tea, finely powdered, over ice with milk

ICED MATCHA	4.50	5.50
--------------------	------	------

Before placing your order, please inform your server if a person in your party has a food allergy.

CHOOSE 2 COMBO 12.99

Mix and Match 2 items from list below

- HALF SANDWICH
- CUP OF SOUP
- SMALL SALAD
- HALF PIZZETTA

APPETIZER

SPINACH ARTICHOKE DIP 10.99

Alfredo sauce, white onion, garlic, artichoke, spinach and Romano cheese, Parmesan cheese and tomato. Served with baguette garlic toasted

KIDS MENU

- KIDS MAC & CHEESE 6.49
- PEANUT BUTTER & JELLY 6.49
- KIDS GRILLED CHEESE 6.99



SOUPS

	CUP	BOWL
CHICKEN VEGGIE	5.49	6.99
BUTTERNUT SOUP	5.49	6.99
SOUP OF THE DAY	5.49	6.99

SIDES

ROASTED VEGGIES	3.99
ROASTED POTATOES	3.49
ROASTED CARROTS	3.49
FARRO SALAD	3.99
POTATO SALAD	3.99
QUINOA SALAD	3.99



Before placing your order, please inform your server if a person in your party has a food allergy.