



BREAKFAST

Customize any sandwich with your choice of fresh baked bread - ask us what's available today.

Breakfast Sandwich\$7.39 Half
355 - 950 cal.\$9.39 Whole
Choose Ham, Bacon, or Sausage! Along with cheddar cheese, egg, and garlic herb spread on Sourdough.

Deluxe Breakfast Sandwich\$7.79 Half
387 - 995 cal.\$9.79 Whole
Choose Ham, Bacon, or Sausage! Along with cheddar cheese, egg, avocado, tomato, and garlic herb spread.

Cinnamon Roll 899 cal.\$3.49
Smothered in Orange, Raspberry, or Traditional Cream Cheese Frosting.

Scrumptious Tea Scones 350 cal.\$2.49
Cinnamon Chip, Berry Cream Cheese, or Poppyseed.

Nutella Bruschetta\$4.79 One Slice
387 - 995 cal.\$7.39 Two Slice
Chocolate hazelnut spread with fresh strawberries or banana, served open-faced on slices of Sourdough toast.

Chocolate Super Smoothie 275cal. ...\$6.79
Chocolate protein powder, fresh baby spinach, banana, peanut butter, and almond milk.

Avocado Toast 180 cal.\$3.79
Creamy, fresh avocado spread on a slice of toasted Sourdough or Honey Whole Wheat bread.

PB Banana Crunch Toast 470 cal.\$7.39
Peanut butter & fresh slices of banana, topped with our housemade granola and a drizzle of raw honey.

Groovy Granola Bowl\$6.39 Sm.
343 - 563 cal.\$7.79 Lg.
House-made granola and a bottle of 2% milk.

Berry Parfait 331 cal.\$5.99
Strawberry Greek yogurt topped with fruit and our fresh-made house Granola.

