



**EAT WELL**

**BREAKFAST**

**LIVE BETTER**



**BREAKFAST BUTTERMILK BISQUIT**

House made buttermilk biscuit, ham cheddar and provolone cheese with pesto mayo. Grilled to perfection!

7.75

add egg salad 1.25

**AVOCADO TOAST**

Thick sliced whole grain bread toasted, avocado, sunflower seeds & Tomato

7.75

Protein-Vegan add hummus or egg

Salad

1.25

**BACON HAM POTATO BURRITO**

bacon, black forest ham, cheddar, provolone and spinach wrapped in 12" tortilla. Served with salsa and sour cream. (Substitute -GF- Teff Wrap)

8.00 add egg salad 1.25

Hot grilled sandwiches

12.85

**Turkey Panini**

Tender sliced turkey breast, pesto mayo, tomato, red onion Havarti and provolone cheese served with chips

Add bacon 2.50

**Greek Panini**

sundried tomato pesto, feta and swiss cheeses, country olive tapenade, spinach, mushrooms, red onion, served with chips .

**Pastrami Panini**

pastrami, swiss and provolone cheese, house made spicy pickle sauce and onions served with chips

Fresh soups & salads

Soups are crafted daily

bowl of soup &amp; fresh baked bread of the day 6.65

**ALL entrée salads served with thick sliced toasted bread****Cranberry almond feta salad**

Organic mixed greens, feta cheese, red onion marinated artichoke heart, tamari almonds & cranberries 10.95

Add chicken 3.00

**Greek Salad**

Organic greens, banana peppers, country herb olives, cucumber, red onion, tomato and feta cheese. 11.95

**House Salad**

Organic greens, tomato, cucumber, sunflower seeds, cheese chunk medley

10.50 add chicken 3.00

**Side Green Salad**

Mixed organic greens with tomato, cucumbers, sunflower seeds-served with bread 6.00

Made to order Sandwiches

Served with potato chips

**The Dakota**

Turkey breast, Havarti cheese, mayo, green leaf lettuce and tomato on harvest 5-seed bread

12.25 whole / 10.25 half

**The New Yorker**

Center-cut Pastrami, Swiss, lettuce, onion, tomato, spicy pickle sauce with horseradish on harvest 5-seed bread.

12.25 whole / 10.25 half

**Black Bean Burger**

Vegetarian black bean burger heated in pocket bread with cheddar cheese, tomato, red onion, avocado, lettuce and house made pesto mayo

12.85 whole / 10.85 half

**Veggie Sandwich**

Cream cheese, avocado, olive tapenade, cucumber, mixed organic greens, tomato and onion on honey whole wheat.

12.25 whole/ 10.25 half

**Chicken Peanut Wrap**

Fresh baked chicken breast, provolone cheese, curry seasoning, spinach, red bell pepper, mayo peanuts and cilantro rolled up into a

12 flour tortilla

12.25 whole/ 10.25 half

**Ham**

Black forest ham piled on whole grain honey whole wheat bread, cheddar cheese, swiss cheese, lettuce, onion, tomato, mayo and brown mustard

11.25 whole / 9.25 half

**Add a extra meat 3.00 , add avocado 1.50, extra cheese .50 add soup 5.00**

Dressing: Extra Virgin Olive Oil, Feta Vinaigrette, Ranch, Honey Mustard, Balsamic Vina, blue cheese