



BREAKFAST

served on a roll. Also available: bagel, croissant, wrap, biscuit, sourdough, 7-grain, English muffin (extra \$)

EGG/CHEESE **\$3.50**
+ Bacon (.75) + Turkey (1.25) + Sausage (1.25) + Ham (1.25) + Pork (1.25)

BREAKFAST SCRAMBLER **\$6.25**
scrambled egg sandwich with spinach, feta and sundried tomato on an English muffin

BREAKFAST BURRITO **\$6.75**
fried egg, Swiss, bacon, banana peppers and pico in a wrap

BREAKFAST POWERHOUSE **\$6.75**
egg sandwich with avocado, black beans, feta cheese and kale on wheat toast

HEALTHY WRAP **\$7.00**
egg whites, turkey, swiss, avocado, wheat wrap (add hot sauce!)

BAGEL LOX **\$9.00**
bagel with salmon, cream cheese, capers, red onion

TOASTS

AVOCADO TOAST **\$7.50**
Sourdough, smashed avocado, tomato, red pepper chili flakes (add sunny side egg!)

OH HONEY HONEY **\$7.50**
Sourdough, smashed avocado, chicken salad, pico, drizzle of honey mustard

TRIED AND TRUE **\$7.50**
7-Grain, smashed avocado, homemade turkey salad, kale

LUNCH

bread options: Portuguese roll, white wrap, wheat wrap, sourdough, multigrain. Gluten Free wrap

ROASTED TURKEY SANDWICH **\$8.00**
baby swiss, bacon, avocado, roasted tomato aioli

FRICKEN CHICKEN SANDWICH **\$8.50**
chicken cutlet, melted mozzarella, arugula and tomato aioli

CHICKEN ADDICTION **\$8.50**
grilled chicken cutlet, coleslaw, white cheddar, drizzled with Mikes Hot Honey, toasted biscuit

FRENCH PRESS PANINI	\$8.50
smoked ham, brie cheese, honey mustard, tomato	
VEGARITTO (VEGAN WRAP)	\$8.00
quinoa, sweet potato, black bean, avocado, kale, pico, wheat wrap	
GREEN GIANT	\$8.00
roasted veggies, warm mozzarella, mixed greens, balsamic, wheat wrap	
BUCKAROO BBQ'WICH	\$8.50
pulled pork, cheddar, bacon, coleslaw, toasted roll	

TACOS

Served on small flour tortillas. Gluten free tortillas available upon request

PORK TACO	\$9.00
Braised pork, avocado, pico, chipotle crema	
SHORT RIB TACO	\$9.00
guacamole, pico, chipotle aioli	
CHICKEN TACO	\$9.00
White BBQ sauce, avocado, red onion, pico	
VEGGIE "THE MCKEAN" TACO	\$9.00
black bean, sweet potato, pico, avocado, chipotle crema	

SALADS & CLASSICS

"KEEN-WAH"	\$7.50
quinoa, sweet potato, cranberries, kale, Meyer lemon dressing	
SANTE FE	\$8.50
mixed greens, corn, black beans, white cheddar, smashed avocado, grilled chicken, tomato lemon vinaigrette + chipotle aioli	
THE GINO ITALIANO	\$8.00
Grilled chicken, sundried tomatoes, mozzarella, pesto basil	
CEASARS SALAD/WRAP + CHICKEN	\$7.50-8
CHICKEN SALAD / SANDWICH	\$8.00
TUNA SALAD / MELT	\$7.50-8
SOUP OF THE DAY (seasonal)	\$5.00
PBJ or GRILLED CHEESE	\$5.00
BLT (add a fried egg!)	7.00

CATERING SERVICES AVAILABLE

We specialize in providing quality food in the comfort of your own home or office (pick up, delivery or on-site chef) as well as large events where passed hors d'oeuvres and featured food is of importance. We cater to corporate luncheons, intimate dinners of 6 or to festive cocktail parties and fundraisers with over 150 people.

BEVERAGES

HOT COFFEE	SMALL	\$2.00	<u>SMOOTHIES</u>	SMALL	\$5.75 / LARGE	\$7.99
	MEDIUM	\$2.50				
	LARGE	\$3.00	LEAN PROTEIN SHAKE			
			peanut butter, banana, low fat yogurt, soy milk			
HOT TEA	SMALL	\$1.75	SMOOTH MOVE			
	LARGE	\$2.25	mixed berries, banana, spinach, avocado, pomegranate juice			
ESPRESSO	SINGLE	\$2.25	GREEN SHREK			
	DOUBLE	\$3.50	Banana, spinach, avocado, apple, coconut water			
LATTE	SMALL	\$3.50				
	MEDIUM	\$4.50				
	LARGE	\$6.00				
CHAI LATTE	SMALL	\$3.50	ICED TEA	SMALL	\$3.00	
	MEDIUM	\$4.00		LARGE	\$3.75	
	LARGE	\$4.50				
DIRTY CHAI	SMALL	\$4.00	ICED LATTE	SMALL	\$5.00	
	MEDIUM	\$4.50		LARGE	\$7.00	
	LARGE	\$5.00				
CAPPUCCINO	SMALL	\$3.50	ICED COFFEE	SMALL	\$3.00	
	MEDIUM	\$4.50		LARGE	\$3.75	
	LARGE	\$6.00				
AMERICANO	SMALL	\$2.50	ICED CHAI LATTE	SMALL	\$4.75	
	MEDIUM	\$3.00		LARGE	\$5.25	
	LARGE	\$3.50				
GODFATHER	SMALL	\$5.00	HOT CHOCOLATE	SMALL	\$3.00	
	MEDIUM	\$6.00		MEDIUM	\$4.00	
	LARGE	\$7.00				
FLAVOR SHOTS:		\$.50	HOT APPLE CIDER	ONE SIZE	\$3.50	

(mocha, vanilla, caramel, hazelnut)

PLUS BEER / WINE / MIMOSA / ROSE SLUSHY!