



BREAKFAST

bread options: Portuguese roll, white wrap, wheat wrap, sourdough, multigrain. Gluten Free wrap served 8am – 11am

CLASSIC EGG/CHEESE **\$8.00**

+ Bacon (1.50) + Sausage (2)

BREAKFAST BURRITO **\$11**

fried egg, Swiss, bacon, banana peppers and pico in a wrap

BREAKFAST POWERHOUSE **\$11**

egg wrap with avocado, black beans, feta cheese and kale on wheat wrap

HEALTHY WRAP **\$11**

egg whites, turkey, swiss, avocado, wheat wrap (add hot sauce!)

BREAKFAST STREET TACOS **\$11**

bacon, egg, cheese, chipotle aioli, cilantro, side of salsa (add avocado!)

HASH BROWNS **\$4.50**

LUNCH

bread options: Portuguese roll, white wrap, wheat wrap, sourdough, multigrain. Gluten Free wrap served 11am – 3pm

FRICKEN CHICKEN SANDWICH **\$12.50**

chicken cutlet, bacon, melted mozzarella, arugula and tomato aioli

GREEK WRAP **\$12.50**

grilled chicken spinach, feta, pickled red onion, Greek dressing

FRENCH PRESS PANINI **\$12.50**

smoked ham, brie cheese, honey mustard, tomato

VEGARITTO (VEGAN WRAP) **\$12.50**

quinoa, sweet potato, black bean, avocado, kale, pico, wheat wrap

AVOCADO TOAST **\$10**

Sourdough, smashed avocado, tomato, red pepper chili flakes (add sunny side egg!)



TACOS

x3. Served on small flour tortillas. Gluten free tortillas available upon request

PORK TACO Braised pork, smashed avocado, pico, chipotle aioli	\$12
SHORT RIB TACO guacamole, pico, chipotle aioli	\$12
CHICKEN TACO tomatillo sauce, pico, smashed avocado	\$12
VEGGIE TACO black bean, sweet potato, pico, smashed avocado, chipotle aioli	\$12

PRE-MADE & GRAB AND GO

GREEN SALADS Caesar, Kale, Spinach, Chop, Chickpea, Arugula	\$12
GRAB AND GO SANDWICHES Made fresh daily, on rotation	\$10-12
PROTIEN SALADS AND SIDE SALADS Chicken Salad, Tuna Salad, Egg Salad, Pasta Salad, Potato Salad, Asian Noodle	\$6
DAILY SOUPS Chicken Noodle, Veggie, Tomato, Butternut Squash, Beef Chili, Clam Chowder	\$6
BAKERY AND DESSERTS Muffins, Croissants, Scones, Brownies, Cookies, Cake Pops, Energy Bites	\$4-7

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, weddings, intimate dinners of 6 or to festive cocktail parties and fundraisers with over 150 people.



BEVERAGES

HOT COFFEE	SMALL	\$2.95	HOT CHOCOLATE	ONE SIZE	\$4.00
	MEDIUM	\$3.25			
	LARGE	\$3.75	ICED TEA	SMALL	\$4.75
				LARGE	\$5.25
HOT TEA	SMALL	\$2.15	LEMONADE	SMALL	\$4.75
	LARGE	\$2.65		LARGE	\$5.25
ESPRESSO	SINGLE	\$2.25	ICED LATTE	SMALL	\$6.25
	DOUBLE	\$3.50		LARGE	\$7.35
LATTE	SMALL	\$4.00	ICED COFFEE	SMALL	\$4.00
	MEDIUM	\$6.00		LARGE	\$4.25
	LARGE	\$6.50	ICED CHAI	SMALL	\$5.25
CHAI LATTE	SMALL	\$4.25		LARGE	\$5.75
	MEDIUM	\$5.00	RED EYE	SMALL	\$4.00
	LARGE	\$5.50		MEDIUM	\$5.00
DIRTY CHAI	SMALL	\$6.50	FLAT WHITE	LARGE	\$6.50
	MEDIUM	\$7.00		SMALL	\$4.00
	LARGE	\$7.55		MEDIUM	\$6.00
CAPPUCCINO	SMALL	\$4.00		LARGE	\$6.50
	MEDIUM	\$6.00			
	LARGE	\$6.50			
AMERICANO	SMALL	\$2.95			
	MEDIUM	\$5.25			
	LARGE	\$6.00			
HOT APPLE CIDER	ONE SIZE	\$4.50			
<i>with spice packet!</i>					
FLAVOR SHOTS:		\$.75	BOTTLED DRINKS		
<i>(mocha, vanilla, caramel, hazelnut, pumpkin</i>			<i>Water, Coke, Diet Coke, Iced Tea, Seltzer, Boylan, Kombucha</i>		
<i>honey lavender, chocolate mint, coconut)</i>					

PLUS BEER / WINE / MIMOSA / ROSE!