



SANDWICHES

choose french, wholegrain or gluten-free bread (\$1 extra per half)

HAM & BEECHER'S

nitrate-free ham, beecher's cheese, caramelized onions, sage aioli & greens
half \$6.15/whole \$12.30 (D, GF)

SMOKED PASTRAMI

nitrate-free pastrami, cheddar, caramelized onions, smoked aioli & dill pickle
half \$6.15/whole \$12.30 (D, GF)

BLT OR TLT

nitrate-free bacon, spinach, cherry tomatoes & roasted garlic aioli
half \$4.50/whole \$9 (GF)

ADD: avocado for \$3
SUB: tofu for vegan option

CHICKEN CHERRY PECAN

chicken salad made with grilled chicken breast, dried cherries, spiced pecans & sage aioli, topped with baby kale
half \$6.15/whole \$12.30 (N, GF)

TURKEY, BACON & AVOCADO

turkey, nitrate-free bacon, avocado, cheddar, roasted garlic aioli & greens
half \$6.15/whole \$12.30 (D, GF)

CHICKEN PESTO

grilled chicken breast, pesto, roasted red peppers, roasted garlic aioli & spinach
half \$6.15/whole \$12.30 (N, GF)



BREAKFAST

AVOCADO, EGG & CHEESE SANDWICH

avocado, cage-free fried egg*, cheddar & hot sauce
half \$4.15/whole \$8.30 (D, E, GF, *)

QUINOA, AVOCADO & EGG BOWL

warm quinoa, avocado, steamed spinach, cage-free fried egg*, roasted tomatoes, fresh feta & side of hot sauce
bowl \$9 (D, E, GF, *)

BACON, EGG & BEECHER'S SANDWICH

nitrate-free bacon, cage-free fried egg*, beecher's cheese & roasted garlic aioli
half \$4.85/whole \$9.70 (D, E, GF, *)

QUINOA, SPINACH & SWEET POTATO BOWL

warm quinoa, avocado, steamed spinach, skillet sweet potatoes, roasted tomatoes & side of hot sauce
bowl \$9 (V,GF)

HAM, EGG & CHEESE SANDWICH

nitrate-free ham, cage-free fried egg*, cheddar & sage aioli
half \$4.50/whole \$9 (D, E, GF, *)

ORGANIC OATMEAL BOWL

oats, spiced pecans, brown sugar & dried cherries
bowl \$3.50 (V, N, GF)

ADD:

**nitrate-free bacon \$3 grass-fed steak \$4 baked organic tofu \$4
grilled chicken \$4 avocado \$3 skillet sweet potatoes \$2 cage-free egg \$1.25**

ALLERGENS & SPECIAL DIETS

(V) vegan, (D) contains dairy, (E) contains eggs, (N) contains nuts, (GF) available gluten-free, * undercooked ingredient



SALADS

GRILLED CHICKEN SALAD

grilled chicken breast, cherry tomatoes,
spiced pecans & dried cherries
\$12 (N, GF)

ROGUE COBB SALAD

grilled chicken breast, rogue creamery bleu
cheese, cage-free egg, nitrate-free bacon, &
cherry tomatoes \$13.95 (D, E, GF)
ADD: avocado for \$3

BLT SALAD

nitrate-free bacon, avocado, cucumbers,
& cherry tomatoes \$10.50 (GF)

CHOOSE YOUR GREENS

baby spinach
baby kale
mixed greens

BEET SALAD

pickled beets, cucumbers, pickled
red onions & pepitas \$8.50 (V, GF)
ADD: fresh feta for \$3

CHOOSE YOUR DRESSING

thyme balsamic
agave dijon
vegan ranch

(all dressings are 100% plant-based & gluten-free)

ADD:

nitrate-free bacon \$3 grass-fed steak \$4 baked organic tofu \$4 grilled chicken \$4
cage-free egg \$1.25 avocado \$3 skillet sweet potatoes \$2 organic quinoa \$2
fresh feta \$3 rogue bleu cheese \$3



SOUPS & SIDES

ORGANIC SOUPS

vegetarian chili
cup \$3.95/bowl \$5.95 (V, GF)
tomato bisque
cup \$3.95/bowl \$5.95 (D, GF)
ADD: fresh feta for \$1

DILL PICKLE

dill pickle \$1.50 ea. (V, GF)

PESTO CAPRESE SIDE SALAD

fresh mozzarella, spinach, cherry
tomatoes & pesto
\$4.95 (D, N, GF)

KETTLE CHIPS

sea salt, jalapeno or BBQ
\$1.95 ea. (V, GF)

BABY GREENS SIDE SALAD

cherry tomatoes, cucumbers,
pepitas, greens & balsamic
\$4.95 (V, GF)

SWEETS

chocolate chip cookie \$2.50 (D, E)
wow oregon oatmeal cookie \$2.65 (D, E, GF)
chocolate brownie \$3.95 (V, GF)



ASK ABOUT OUR
SEASONAL MENU ITEMS



BREAKFAST IS
SERVED ALL DAY



FEEDING A GROUP?
TRY OUR CATERING!



ASK ABOUT OUR
KID'S MENU