

# SANDWICHES

SERVED A LA CARTE ON FRENCH, WHOLEGRAIN OR  
GLUTEN-FREE BREAD (1.00 / 2.00 EXTRA)

## CHICKEN PESTO

ALL-NATURAL CHICKEN BREAST, PESTO, ROASTED  
RED PEPPERS, ROASTED GARLIC AIOLI &  
SPINACH HALF 5.75 / WHOLE 11.50 (HOT) 🥜

## HAM & BEECHER'S

NITRATE-FREE HAM, BEECHER'S CHEESE,  
CARAMELIZED ONIONS, SAGE AIOLI & GREENS  
HALF 5.75 / WHOLE 11.50 (HOT)

## HUMMUS & ROASTED RED PEPPERS

HUMMUS, ROASTED RED PEPPERS, CUCUMBER &  
BABY KALE HALF 4 / WHOLE 8 ⑤  
(ADD AVOCADO HALF 1.50 / WHOLE 3) ⑤

## CAPRESE

MOZZARELLA, CHERRY TOMATOES & PESTO  
HALF 4 / WHOLE 8 (HOT) 🥜

## TURKEY, BACON & AVOCADO

ALL-NATURAL TURKEY, BACON, AVOCADO,  
CHEDDAR, ROASTED GARLIC AIOLI & GREENS  
HALF 6 / WHOLE 12 (HOT)

## SMOKED PASTRAMI

ALL-NATURAL PASTRAMI, CHEDDAR, CARAMELIZED  
ONION, SMOKED AIOLI & DILL PICKLE  
HALF 6 / WHOLE 12 (HOT)

## BLT OR TLT

NITRATE-FREE BACON OR BAKED ORGANIC TOFU,  
SPINACH, CHERRY TOMATOES & ROASTED GARLIC  
AIOLI HALF 4.25 / WHOLE 8.50  
(ADD AVOCADO HALF 1.50 / WHOLE 3)

## CHICKEN CHERRY PECAN

CHICKEN SALAD MADE WITH ALL-NATURAL  
GRILLED CHICKEN BREAST, CHERRIES, SPICED  
PECANS, SAGE AIOLI & BABY KALE  
HALF 5.75 / WHOLE 11.50

## ROAST BEEF

ALL-NATURAL ROAST BEEF, CHEDDAR, PICKLED  
RED ONION, ROSEMARY HORSE RADISH AIOLI &  
BABY KALE HALF 5.75 / WHOLE 11.50 (HOT)

# BREAKFAST

SERVED A LA CARTE ON FRENCH, WHOLEGRAIN OR  
GLUTEN-FREE BREAD (1.00 / 2.00 EXTRA)

## AVOCADO, EGG & CHEESE

AVOCADO, ORGANIC EGG\*, CHEDDAR & HOT SAUCE  
HALF 4 / WHOLE 8

## BACON, EGG & BEECHER'S

NITRATE-FREE BACON, ORGANIC EGG\*,  
BEECHER'S CHEESE & ROASTED GARLIC AIOLI  
HALF 4.50 / WHOLE 9

## SMOKED HAM, EGG & CHEESE

NITRATE-FREE HAM, ORGANIC EGG\*, CHEDDAR &  
SAGE AIOLI HALF 4.50 / WHOLE 9

## GET IT EGG-FREE

SUB ORGANIC BAKED TOFU HALF 1 / WHOLE 2

## ORGANIC OATMEAL

ORGANIC OATS, DRIED CHERRIES, SPICED  
PECANS & BROWN SUGAR 3.50 ⑤ 🥜

# KIDS MEALS

SERVED ON FRENCH, WHOLEGRAIN OR  
GLUTEN-FREE BREAD (1.00 / 2.00 EXTRA)

## TURKEY & CHEESE

ALL-NATURAL TURKEY & CHEDDAR, SERVED WITH  
ORGANIC MILK & FRUIT  
HALF 7 / WHOLE 10 (HOT)

## PBJ

PEANUT BUTTER & RASPBERRY JAM, SERVED  
WITH ORGANIC MILK & FRUIT  
HALF 6.50 / WHOLE 9.50 ⑤ 🥜

## GRILLED CHEESE

CHEDDAR, SERVED WITH ORGANIC MILK & FRUIT  
HALF 6.50 / WHOLE 9.50 (HOT)

# SALADS

CHOOSE YOUR SALAD

## GRILLED CHICKEN SALAD

ALL-NATURAL CHICKEN BREAST, DRIED CHERRIES,  
SPICED PECANS & CHERRY TOMATOES 12 🥜

## BLT SALAD

NITRATE-FREE BACON, AVOCADO, CUCUMBER &  
CHERRY TOMATOES 10.50 (ADD GRILLED CHICKEN 3)

## BEET SALAD

PICKLED BEETS, CUCUMBER, PICKLED RED ONIONS  
& PEPITAS 8.50 (ADD FETA 3) ⑤

CHOOSE YOUR GREENS

BABY SPINACH BABY KALE MIXED GREENS

CHOOSE YOUR DRESSING

RANCH BALSAMIC DIJON

# SIDES

KOSHER DILL PICKLE 1.50 ⑤

POTATO CHIPS 2 ⑤

BABY GREENS SIDE SALAD 5 ⑤

PESTO CAPRESE SIDE SALAD 5 🥜

VEGETARIAN CHILI OR TOMATO BISQUE CUP 4 / BOWL 6

CHOCOLATE CHIP COOKIES 2.50

⑤ VEGAN 🥜 CONTAINS NUTS

\* CONTAINS UNDERCOOKED INGREDIENTS THAT CAN POSE HEALTH RISKS  
ALL OF OUR SAUCES AND SALAD DRESSINGS ARE VEGAN