

BREAKFAST, PASTRIES & SUCH

Available until 4pm

Energy Breakfast	5.95
Homemade Granola with low fat yogurt, honey and seasonal fruits.	
Grilled Cheese & Tomato	5.95
Served on seven-grain bread with a side of greens.	
Garden Bagel	4.95
Toasted bagel of your choice topped with cream cheese, homemade pesto, red onions, cucumbers, tomatoes & greens.	
Bowl of Oats	4.95
Hot oatmeal topped with seasonal fruit and served with a side of steamed milk	
Smoked Salmon platter	10.95
Served with smoked salmon, cream cheese, capers, vine ripened tomatoes, red onions, mixed greens and your choice of bagel	
Assorted Muffins	2.25
Vegan Muffins	2.75
Cinnamon toast	
Multi-grain toast topped with homemade cinnamon butter and a dash of powdered sugar	4.00

Because our cooking area is very tiny, we cannot accommodate substitutions and special requests. Thanks for your consideration.

SANDWICHES

OUR SANDWICHES ARE MADE TO ORDER, SO PLEASE ALLOW AT LEAST 10 MINUTES. SIDES ARE FOR TO STAY ORDERS ONLY.

Goat Cheese Panini	7.95
Goat cheese, sun dried tomatoes, homemade pesto & mixed greens, pressed on ciabatta bread. Served with a side of greens.	
Hummus & Avocado Sandwich	7.75
Homemade hummus served on toasted multi-grain bread & topped with olive tapenade avocado, tomatoes, cucumber & mixed greens. Served with chips.	
Caprese Panini	7.50
Fresh Mozzarella, homemade pesto & tomatoes pressed on rustic bread. Served with a side of greens.	
Tuna Sandwich	7.50
Homemade tuna served on toasted ciabatta with mustard, mayo, capers, red onions & mixed greens. Served with a side of greens.	
Turkey Sandwich	7.95
Smoked turkey, roasted bell peppers, red onions & provolone cheese, mayo & mustard served warm on ciabatta bread with organic mixed greens.	
Prosciutto & Mozzarella	8.95
Thinly sliced prosciutto pressed on rustic bread with mozzarella & tomato, served with a side of greens. Served with a side of greens.	
Egg Salad Sandwich	5.95
Seven-grain bread with sliced eggs, capers, mustard, mayo, onions & organic mixed greens. Served with a side of greens.	
Ham & Swiss Panini	6.95
Ham and swiss cheese, pressed on a rustic bread with mayo & mustard. Served with a side of greens.	
Veggie burger	8.95
Served on eight grain bread with avocado, sliced onions, mayo, mustard, roasted red peppers, mixed greens, & melted cheese. Served with a side of mixed greens.	

SALADS & OTHERS

Pillow Toss

Organic mixed greens with red onions, tomatoes, dried cranberries tossed with our house vinaigrette dressing. Served with buttered toast. 6.95

Protein Salad 10.95

Mixed greens, tuna, avocado, tomatoes, capers sliced egg, onion & tomatoes with a citrus vinaigrette dressing. Served with buttered toast.

Goat Cheese Salad 8.95

Organic mixed greens with avocado, goat cheese, red onion and tomatoes topped with soy ginger dressing. Served with buttered toast.

Fiesta Salad 8.95

Black beans & corn on a bed of greens with avocado, tomatoes & feta cheese. Served with a side of buttered toast.

The Cobb Salad 10.95

Turkey breast, bacon, corn, & eggs, on a bed of greens with blue cheese dressing. Served with a side of buttered toast.

Lox Salad 9.95

Smoked salmon on a bed of greens, topped with cucumbers, onions, tomatoes & feta cheese.

Ask about our daily specials!

Join us for brunch on Saturdays & Sundays 9 a.m. till 3pm.

CASH ONLY

