



Weekday MENU

Breakfast and Lunch Served All Day

V vegan VG vegetarian GF gluten-free



breakfast



beverages

iced beverage sizes: small - 16oz, large - 20oz
hot beverage sizes: small - 12oz, large - 16oz

COFFEE

hot drip coffee	\$2.50	\$3.00
cafe au lait	\$3.50	\$4.00
iced cold brew	\$4.00	\$5.00

ESPRESSO

americano	\$3.00	\$3.50
espresso	\$2.75	---
cappuccino (8oz)	\$4.00	---
macchiato (4oz)	\$3.00	---
cortado (7oz)	\$3.75	---
latte	\$4.25	\$5.50

TEA

chai latte	\$4.00	\$5.00
matcha latte	\$4.25	\$5.25
matcha lemonade	\$3.75	\$4.50
hot tea	\$2.75	\$2.75
iced tea	\$3.00	\$3.75
hot tea latte	\$3.75	\$4.00
teapot	\$4.00	---

THE REST

lemonade	\$3.00	\$3.50
orange juice	\$4.00	\$4.75
smoothies	\$5.50	---
hot chocolate	\$4.00	\$5.00

CUSTOMIZE IT

add a syrup GF

vanilla V \$0.50	mocha V \$0.50
lavender V \$1	caramel \$1

milk options GF

whole skim oat \$0.75 soy \$0.50

bagel with spread. VG \$3.50
butter | vegan butter V | cream cheese | vegan cream cheese V | peanut butter V | hummus V | jam V
veggie cream cheese (+\$1) | avocado (+\$1.50)

lox bagel sandwich. \$12
lox, spinach, tomato and cream cheese on your choice of bagel or bread

two eggs your way. VG \$10.50
two eggs made your way with a side of rosemary potatoes and toast
add spinach, peppers and onions to your potatoes (+\$2.25)
make it vegan - substitute tofu scramble for eggs (+\$1)

brioche french toast. VG \$14.50
three slices of brioche french toast served with a side of syrup and butter
fresh fruit: banana, strawberries, blueberries (+\$0.25)

quinoa hot cereal. GF V \$8.50
our breakfast-style quinoa served with powdered sugar, strawberries & blueberries on top

build your own breakfast sandwich. \$7.50

STEP 1 choose your bread or bagel
(see options below)

STEP 2 choose your eggs
two eggs scrambled & folded
egg whites (+\$1)
tofu scramble (+\$1)

STEP 3 (OPTIONAL ADD ONS)

add cheese:
cheddar
swiss
mozzarella
goat (+\$0.75)

add veggies:
spinach
tomato
onion
cucumber

add protein:
avocado (+\$1.50)
turkey bacon (+\$2)
turkey sausage (+\$4.50)
impossible sausage (+\$4.50)

bagels: multigrain V, plain V, everything V, sesame V, cinnamon raisin, english muffin
bread: wholegrain V, sourdough V, rye V
gluten-free GF: gf everything bagel (+\$1.50), gf plain bagel (+\$1.50), gf bread (+\$1)



lunch

all sandwiches come with your choice of chips or side salad (spinach, tomatoes, cucumbers and balsamic vinaigrette)

turkey melt. \$12
thinly sliced turkey, melted cheddar, sliced cucumber, sliced tomato, and housemade basil mayo on toasted wholegrain

marc's chicken sandwich. \$13
grilled peppery garlic chicken breast, melted cheddar, avocado, spinach, and honey mustard on toasted wholegrain

grilled cheese. VG \$10
melted cheddar and mozzarella on sourdough
add tomato (+\$0.50), add turkey bacon (+\$2)

chicken salad sandwich. \$10
housemade chicken salad, tomato, red onion, and spinach on wholegrain toast

chickpea salad sandwich. V \$10
housemade chickpea salad, spinach and tomato on wholegrain

garden vegetable sandwich. V \$12
avocado, cucumber, tomato, onion, red pepper, spinach, and hummus on toasted wholegrain
add goat cheese (+\$2)

spinach salad with grilled chicken. GF \$13
grilled peppery garlic chicken breast, dried cranberries, toasted walnut and goat cheese on a bed of baby spinach with lemon tahini dressing on the side

* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.