

SANDWICHES

Turkey

Sourdough, basil aioli, Maplebrook Farms mozzarella, extra virgin olive oil, tomato & greens. 8.00

Beef

Flour tortilla, shaved beef, lime-coriander butter, onions, peppers, cheddar cheese & greens. 9.00

Chicken

Whole wheat, roasted chicken salad with celery, onion, thyme, tomato & greens. 7.00

Sweet Potato

Four seed bread, roasted sweet potato, quinoa, red onion, curry aioli & greens. 7.00

Squash

Four seed bread, roasted butternut squash, pickled onions, greens & chèvre. 7.00

Salami

Italian bread, roasted red peppers, Maplebrook Farms mozzarella, greens & extra virgin olive oil. 8.00

Salmon

Sourdough, house cured salmon, maple cream cheese, greens, onion & apple jam. 9.00

Pork

Sourdough, cheddar, spiced BBQ & pickled cabbage. 9.00

Chili with Bread 4.25/6.25 Soup with Bread 3.95/5.95

SMOOTHIES

Kale Berry Smoothie	5.50
Seasonal Smoothie	5.50
Add yogurt, peanut butter	0.50
Add almond or soy milk	1.00

SALADS

Garden Salad Vegetables, local greens & maple vinaigrette.	8.00
Quinoa Salad Roasted corn, black beans, tomato & cilantro vinaigrette.	8.00
Kale Salad Kale, croûton, parmesan, Caesar dressing, sun dried tomato pesto.	8.00
Tortellini Salad Beet pesto, Red Pepper, Lemon, Spinach.	8.00
Add Protein	3.00

BREAKFAST

Bagel or English Muffin	2.25
w/cream cheese or peanut butter	2.75
w/egg & cheese	4.95
w/egg, cheese & veggies	5.75
w/egg, cheese & meat	5.95
w/egg, cheese & sausage	6.45