

CHECK OUT THE CHALKBOARD FOR

OUR WEEKLY SEASONAL FEATURES!

# Breakfasts.

(AVAILABLE ALL DAY.)

## • TOASTED WESTERN.

TWO LOCAL EGGS WITH SAUTÉED PEPPERS AND ONIONS, TOPPED WITH BRIGHT OLD CHEDDAR CHEESE & BLACK FOREST HAM — \$6.99.

## • EGG & CHEDDAR.

ONE LOCAL FRIED EGG WITH BRIGHT OLD CHEDDAR CHEESE ON AN ENGLISH MUFFIN — \$2.99. ADD HAM — \$0.50.

## • OATMEAL & FRUIT.

LOCALLY-GROWN AND MILLED OATS TOPPED WITH SEASONAL FRUIT, HONEY & YOUR CHOICE OF MILKS (2%, SKIM, SOY OR RICE) — \$4.99.

## • TOAST.

TWO SLICES OF BREAD OF YOUR CHOICE WITH BUTTER, JAM OR CASHEW BUTTER — \$1.99.

## • CHEESE OMLETTE.

TWO LOCAL EGGS WITH BRIGHT OLD CHEDDAR CHEESE — \$5.99, AND YOUR CHOICE OF SPINACH, MUSHROOM, ONION, HAM, TOMATO, PEPPERS FOR \$0.50 EACH. COMES WITH TWO PIECES OF TOAST.

## • TWO LOCAL EGGS & TOAST.

TWO LOCAL EGGS OF YOUR STYLE — \$4.99. COMES WITH TWO PIECES OF TOAST.

## • FRUIT CUP.

A MEDLEY OF FRESH, ORGANIC AND SEASONAL FRUIT — \$3.99. ADD YOGURT & HOME-MADE GRANOLA — \$1.49.

# Salads.

(ADD FREE-RUN ORGANIC CHICKEN FOR \$3.00)

## • CAESAR SALAD.

ROMAINE, MUSHROOMS, SUN-DRIED TOMATOES & CROUTONS WITH OUR TANGY VEGAN CAESAR DRESSING — \$5.99.

## • GREEK SALAD.

ROMAINE, CUCUMBER, TOMATOES, BLACK OLIVES, ONIONS, RED PEPPERS & FETA CHEESE WITH OUR RED WINE HERB VINAIGRETTE — \$5.99.

## • GARDEN SALAD.

MIXED GREENS, CARAMELIZED ALMONDS, CRANBERRIES & STRAWBERRIES WITH OUR RASPBERRY VINAIGRETTE — \$5.99.

## • THAI RICE PAPER SPRING ROLLS.

JULIENNE GREEN ONION, RED PEPPER, MANGO & CARROTS WITH A CASHEW BUTTER BLEND AND SPICY CHILI DIPPING SAUCE — \$5.99. SERVED WITH FRESH SIDE SALAD.

YES, WE CATER!

# Sandwiches.

\$ 7.49 EACH, GARNISHED WITH FRESH SIDE SALAD OF THE DAY.

(GLUTEN-FREE BREAD & DAIYA VEGAN CHEESE MAY BE SUBSTITUTED WITH ANY SANDWICH.)

## • ROASTED RED PEPPER TRAMEZZINO.

RED PEPPER PESTO, ROASTED RED PEPPERS, ONIONS, SPINACH & GOAT CHEESE ON DARK RYE.

## • GOURMET GRILLED CHEESE TRAMEZZINO.

HONEY, TOMATO, BASIL & HAVARTI ON HOME-MADE MULTI-GRAIN BREAD.

## • CHICKPEA PITA.

CHICKPEAS AND GREEN ONION MIXED WITH ALMOND AND SESAME BUTTERS, TOPPED WITH CUCUMBER & DRIZZLED WITH HONEY, SERVED WARM IN A WHOLE-WHEAT PITA.

## • MISO-SESAME TEMPEH WRAP.

MARINATED TEMPEH WITH CARROTS, MIXED GREENS & A MISO-SESAME TAPENADE.

## • VEGGIE WRAP.

OUR HOME-MADE HUMMUS, MIXED GREENS, CUCUMBER, TOMATO, AVOCADO & MUSHROOMS.

## • TUNA A+.

TUNA MIXED WITH FRESH DILL, ROASTED RED PEPPERS, MAYO & LEMON TOPPED WITH MIXED GREENS ON MULTI-GRAIN BREAD.

## • CHICKEN CAESAR WRAP.

LOCAL FREE-RUN CHICKEN BREAST WITH ROMAINE, MUSHROOMS, SUN-DRIED TOMATOES & OUR HOMEMADE CAESAR DRESSING.

## • CHICKEN ON A KAISER.

MARINATED LOCAL FREE-RUN CHICKEN BREAST, MIXED GREENS, MAYO, DIJON MUSTARD, TOMATO & OLD CHEDDAR.

## • MILE-HIGH PASTRAMI ON RYE.

PASTRAMI, SAUERKRAUT, SWISS CHEESE & DIJON MUSTARD ON RYE BREAD.

## • THE REGION TRADITIONAL.

NOAH MARTIN SUMMER SAUSAGE, OLD CHEDDAR & MUSTARD ON MULTI-GRAIN BREAD.

# Kid's Menu.

(SERVED WITH LOCAL APPLE SLICES & A JUICE BOX.)

## • SAY CHEESE SANDWICH.

GRILLED CHEESE ON CHEESE BREAD — \$5.99.

## • MONKEY'S BANANA SANDWICH.

CASHEW BUTTER & BANANA ON WHOLE WHEAT BREAD — \$5.99.

## • IT'S BEEN A SLICE!

CHEDDAR & MOZZARELLA CHEESE PIZZA WITH ZESTY TOMATO SAUCE — \$5.99.

IN A HURRY? SEE OUR EXPRESS GRAB & GO MARKET SECTION! CASH HONOUR SYSTEM.