

BREAKFAST

Emerald City Bagels \$2.50

Your choice of locally made New York style bagels, toasted to order with butter.

add: cream cheese • peanut butter • strawberry jam • tomatoes • spinach • mushrooms • onions • pesto olive oil. 50¢ each. hummus • guac. \$1 each

Breakfast Sandwich \$3.95

Scrambled egg and your choice of cheese on a bagel or croissant.

add: tomatoes • spinach • mushrooms • onions. 50¢ each. bacon. \$1.50 each

Breakfast Burrito \$5.95

Two eggs scrambled with Pico de Gallo, pepper jack, sour cream, & guac, grilled in a spinach wrap.

add: bacon. \$1.50

* **make it Nekkid!** No wrap, yes bed of spinach.

SMALL BITES

Mixed Olive Bowl \$3.75

Hummus Plate \$7.75

Hummus, roasted red peppers, & olives with a toasted Ciabatta.

Cup of Soup \$3.75

Weekly soup offerings.

Baked Goods

A variety of locally made treats, with vegan & gluten-free options available.

Cheese Board \$8.50/ \$14

Five-cheese board served with fig spread & crackers.

MELTS

Grilled Cheese Panini \$4.95

Grilled cheese on whole wheat bread.

PB&J Melt \$4.95

Peanut butter & jelly Panini on whole wheat.

Veggie Melt \$6.50

Sautéed onions & mushrooms, tomatoes & cheddar grilled on whole wheat bread.

Chicken Melt Your Socks Off \$7.25

House made chicken salad with grilled chicken, celery, and Poblano peppers with Swiss cheese grilled on whole wheat bread.

SANDWICHES, WRAPS

Old Faithful BLT \$7.25

Bacon, baby spinach, tomatoes, & mayo on toasted whole wheat.

Hummus Sandwich \$7.95

Hummus, baby spinach, cucumbers, onions, roasted red peppers with pesto olive oil on Ciabatta.

Very Vegan Veggie Wrap \$8.25

Baby spinach, tomatoes, cucumbers, onions, mushrooms, roasted red peppers, hummus, & balsamic vinaigrette, in a spinach wrap.

QUESADILLAS

Veggie Quesadilla \$7.50

Spinach & mushrooms with pepper jack grilled in a spinach wrap. Served with Pico de Gallo, sour cream, and guac on the side.

Chicken Quesadilla \$8.50

Grilled chicken and pepper jack grilled in a spinach wrap. Served with Pico de Gallo, sour cream, and guac on the side.

Cheese Choices: American, Swiss, cheddar or pepper jack.