

Lunch and Dinner

Served Mon.-Saturday. 6-8pm, Sun. 8-2pm. Substitute Gluten-Free bread, bagel, or wrap for \$2

APPETIZERS

Substitute Gluten-Free bread, bagel, or tortilla for \$2

Savory Grilled Portabellas \$7.75

2 grilled Portabella Caps topped with Fresh Tomato, Basil, Mixed Greens and Feta, then drizzled with Balsamic Vinaigrette

Strawberry Filled Brie Wedge \$9.25

A generous wedge of warm, creamy brie cheese overflowing with our own strawberry walnut filling, served with toasted pita triangles, apple slices and grapes

Quesadillas \$7.75

Pepper jack and cheddar cheese melted in a crisp tortilla. Served with sides of sour cream, avocado, and our homemade spicy salsa

Add an Organic Grilled Chicken Breast \$3.75 for

Add Black Bean Burger for \$4.00

Add Thick-Cut Bacon for \$4.95

Hummus and Veggie Platter \$7.75

Toasted pita triangles and fresh seasonal veggies surround your choice of two of our homemade hummus: Roasted garlic, roasted red pepper, or spicy black bean

SANDWICHES

Served with your choice of chips, fresh fruit, or a small side salad. Sub a cup of soup for an additional \$2.
Substitute Gluten-Free bread or tortilla for \$2

Bistro Chicken Wrap^ \$11.50

Organic grilled chicken breast, topped with sautéed apples, caramelized onions, bacon and a slice of Brie all wrapped in a honey wheat wrap

Chicken Salad^

Our homemade chicken salad is all organic white meat with red grapes, sliced almonds, celery, dill and mayonnaise served with lettuce and tomato in a pita pocket

By the Pound **\$10.25**
\$15.50

Tuna Salad

Our homemade tuna salad combines sweet relish, green olive, celery and mayonnaise served with lettuce and tomato in a pita pocket

By the Pound **\$8.25**
\$10.50

Southwestern Grilled Chicken^ \$11.50

Organic grilled chicken breast, pepper jack cheese, bacon, lettuce and tomato topped with avocado spread and spicy salsa in a warm tortilla wrap.

California Turkey \$10.50

Sliced turkey breast, cheddar cheese, bacon, avocado spread, baby greens and tomato, topped with herb mayonnaise and spicy salsa, served on our hearty multigrain bread

BLT \$12.75

Thick-cut bacon, lettuce, and tomato topped with avocado spread, herb mayonnaise and pesto (Contains Nuts) on toast

Tuna Melt \$8.25

Our tuna salad with cheddar cheese and tomato on hearty multigrain bread grilled to perfection

PANINI

Grilled, pressed sandwiches. Served with your choice of chips, fresh fruit, or a small side salad. Sub a cup of soup for an additional \$2. Substitute Gluten-Free bread, bagel, or tortilla for \$2

Hot Ham and Cheese

\$10.25

Sliced ham smothered with melted cheddar cheese, grilled onion and mushrooms, topped with honey mustard, served on rosemary ciabatta bread

Italian Grilled Cheese

\$11.50

Mozzarella, parmesan, fresh tomato and thick-cut bacon brushed with our homemade balsamic vinaigrette and herb mayonnaise, served on rosemary ciabatta

ORGANIC GOURMET BURGERS*

Served with chips, fresh fruit or a small side salad plus crisp lettuce, onion and tomato Sub. Cup of Soup for an additional \$2. 1/3 lb of Wettstein Farm organic grass-fed beef grilled to your liking*, served on a toasted Brioche bun. Substitute Gluten-Free bread, bagel, or tortilla for \$2

Brie and Apple Burger^

\$13.75

A wedge of Brie cheese, caramelized onion and slices of crisp apple

Classic Cheeseburger^

\$12.75

Your choice of Cheddar, Mozzarella or Pepper Jack cheese

Classic Cheddar and Bacon^

\$14.50

Cheddar cheese and thick-cut bacon

Melty Mushroom and Onion^

\$14.00

Mozzarella, garlic grilled mushrooms and onions

FLATBREAD PIZZAS

Served with your choice of Chips, Fresh Fruit or a Small Side Salad. Sub a cup of soup for \$2 more

Cheesy Pizza

\$9.25

Toasted flatbread topped with parmesan, mozzarella, homemade marinara sauce, fresh tomato and basil

BBQ Chicken^

\$11.75

Toasted flatbread topped with grilled organic chicken breast smothered in tangy BBQ sauce, melted cheddar, sautéed onions and peppers

Veggie Pizza

\$11.25

Toasted flatbread w/ our garlic goat cheese spread, portabella, roasted red peppers, spinach and red onions

SALADS

Served with your choice of dressing: homemade balsamic vinaigrette, honey mustard, Caesar or ranch. Roll available upon request. Add a scoop of chicken salad, tuna salad or grilled portabella to any salad for \$3.00. Add marinated grilled organic tofu or chicken breast to any salad for \$3.75. Substitute Gluten-Free bread for \$2

Small Side Salad

\$2.75

Baby greens and tomato

Rustic Salad

Baby greens with dried cranberries and grapes topped with feta cheese, sunflower seeds and our homemade balsamic vinaigrette

\$9.75

Small Rustic

\$6.25

Buzz Salad

Baby greens with tomato, mushrooms, cucumbers, hearts of palm, topped with feta cheese, garlic croutons and our homemade balsamic vinaigrette

\$9.75

Small Buzz Salad

\$6.25

Mediterranean Salad

Baby greens with tomato, red onion, cucumber, feta cheese, garlic croutons, roasted red peppers and our homemade balsamic vinaigrette

\$9.75

Small Mediterranean Salad

\$6.25

COMBINATIONS

\$10.75

Cup of Soup with Small Salad of Choice

Small Salad of Choice with 1/2 Sandwich or Pizza

Not available with burgers or chicken breast items

Cup of Soup with 1/2 Sandwich or Pizza

Not available with burgers or chicken breast items

VEGETARIAN AND VEGAN

Served with your choice of Chips, Fresh Fruit or a Small Side Salad. Sub a cup of soup for \$2 more.
Substitute Gluten-Free bread, bagel, or tortilla for \$1

Tofu Veggie Wrap^ **\$11.75**

Marinated organic tofu and lots of grilled seasonal veggies come together with roasted red pepper hummus in a sun dried tomato tortilla wrap

vegan

Grilled Cheese Panini **\$9.75**

Cheddar and mozzarella grilled with pesto (Contains Nuts) and tomato, iron-pressed on rosemary ciabatta bread

Garlic Grilled Mushroom **\$8.25**

Mushrooms and thinly sliced onions grilled gently with fresh roasted garlic. Served in a toasted pita pocket and spread with our garlic goat cheese

NEW Open-Faced Avocado Sandwich **\$9.50**

Creamy fresh avocado generously topped on 2 slices of rye toast with Tomato, cucumber, and onion, sprinkled with Everything Bagel Seasoning

Spicy Black Bean Burger **\$12.50**

Our black bean burger topped with Pepper Jack cheese, avocado spread, grilled peppers and onions served on Brioche bun

Veggie Delight **\$8.75**

Grilled portabella mushroom, roasted red pepper, sweet red onion, lettuce and tomato topped with our homemade red pepper hummus, served in a sun-dried tomato tortilla wrap

vegan

Grilled Portabella **\$9.25**

Succulent garlic grilled portabella mushroom topped with melted mozzarella, spicy black bean hummus, mixed greens, and red onion served on a Brioche bun

SOUP OF THE DAY

Soup of the Day

Often homemade, ask your server about our selections. Served with roll and butter by request

By the Cup	\$4.75
By the Bowl	\$5.75

SIDES

Toast with Butter and Jam \$2.75

Hash Browned Potatoes or Side Salad \$2.75

Bacon \$4.95

Salsa \$1.00

Extra Cheese \$1.00

Jam \$1.00

Peanut Butter \$1.00

Veggies \$1.00

Extra Roll \$1.00

Chips \$1.50

Walnuts \$1.50

Gluten Free Toast or Bagel with Butter and Jam \$3.75

Bagel with Cream Cheese \$3.25

Fruit Cup \$2.25

Organic Sausage / Veggie Sausage \$4.95

Cream Cheese \$1.00

Sour Cream \$1.00

Herb Mayonnaise \$1.00

Dressing \$1.00

Hummus \$1.00

Extra Avocado Spread \$1.50

Extra Pita \$1.50

Dried Cranberries \$1.50
