

BREAKFAST SANDWICHES

AVAILABLE ON YOUR CHOICE OF ROLL, WRAP, BAGEL, MINI CIABATTA, MULTIGRAIN/SOURDOUGH/GLUTEN FREE TOAST, OR CROISSANT (ADD \$.99) OR MAKE IT NAKED OVER ARUGULA

TRADITIONAL BREAKFAST SANDWICH*~ YOUR CHOICE OF BACON, SAUSAGE, OR HAM, 2 FRIED EGGS & AMERICAN CHEESE **\$7.99**

THE FARMHOUSE*~ 2 FRIED EGGS, BACON, AMERICAN CHEESE, AVOCADO, ARUGULA & ROASTED TOMATOES **\$9.99**

GOURMET STEAK & EGGS*~ GRILLED STEAK, 2 FRIED EGGS, PROVOLONE CHEESE, ROASTED PEPPERS, CARAMELIZED ONIONS & HOT SAUCE **\$10.99**

UH-HUH HONEY*~ 2 FRIED EGGS, BACON, PEPPER JACK CHEESE, AVOCADO & MIKE'S HOT HONEY **\$9.99**

THE LOADED LOCAL*~ 2 FRIED EGGS, BACON, SAUSAGE, HASHBROWN, VERMONT CHEDDAR & MAPLE SYRUP **\$10.99**



SOUTHWESTERN AVOCADO WRAP*~ 2 FRIED EGGS, AVOCADO, BLACK BEANS, SHREDDED CHEDDAR, BABY SPINACH, TORTILLA STRIPS & HOT SAUCE ON A WRAP **\$9.99**

HAM & BRIE*~ 2 FRIED EGGS, HAM, MELTED BRIE CHEESE, CARAMELIZED ONIONS & TOMATOES **\$10.99**

ADD HOMEFRIES \$2.49 OR HASHBROWN \$1.29

LOADED POTATO SKILLET*~ FRIED EGGS SERVED OVER HOMEFRIES WITH MELTED CHEDDAR CHEESE & CHOPPED BACON, TOPPED WITH SCALLIONS & SIDE SOUR CREAM **\$10.99**

EGG PLATTER*~ YOUR CHOICE OF BACON, SAUSAGE, OR HAM, TWO FRIED EGGS, HOMEFRIES & SOURDOUGH OR MULTIGRAIN TOAST **\$9.99**



SMOOTHIE BOWLS

INCLUDES SMOOTHIE BASE, CRUNCHY TOPPING & 3 SIGNATURE TOPPINGS **\$11.99**



PICK YOUR SMOOTHIE BASE*~ STRAWBERRY AÇAÍ, BLUEBERRY AÇAÍ, PEACH SUNRISE, VERY BERRY, STRAWBERRY DRAGONFRUIT, GREEN GODDESS

PICK YOUR CRUNCHY TOPPING*~ HOMEMADE GRANOLA, FRUITY PEBBLES, COCOA PEBBLES

PICK 3 SIGNATURE TOPPINGS*~ BANANA, STRAWBERRIES, BLUEBERRIES, COCONUT FLAKES, SHAVED CHOCOLATE, FLAX SEEDS, CHIA SEEDS, CHOPPED WALNUTS, HONEY, AGAVE, PEANUT BUTTER DRIZZLE, CHOCOLATE DRIZZLE, NUTELLA DRIZZLE

ADD PREMIUM TOPPINGS*~ SCOOP OF NUTELLA OR PEANUT BUTTER (SINGLE \$1, DOUBLE \$2)

HOT OATMEAL BOWLS

TRADITIONAL HOT OATMEAL BOWL*~ BROWN SUGAR OATMEAL WITH OUR SIGNATURE FRUIT & NUT MIXTURE & HONEY DRIZZLE **\$4.99**

BLUEBERRY CRISP OATMEAL BOWL*~ OUR TRADITIONAL OATMEAL TOPPED WITH FRESH BLUEBERRIES, HOMEMADE GRANOLA & HONEY DRIZZLE **\$4.99**



APPLE CINNAMON OATMEAL BOWL*~ OUR TRADITIONAL OATMEAL WITH APPLES & CINNAMON, TOPPED WITH HOMEMADE GRANOLA & CARAMEL DRIZZLE **\$4.99**

BAGELS & WAFFLES

BAGEL WITH CREAM CHEESE*~ TOASTED BAGEL WITH YOUR CHOICE OF CREAM CHEESE **\$3.49**

LOX OF LOVE BAGEL*~ SMOKED SALMON, CREAM CHEESE, ARUGULA, TOMATO, RED ONION & CAPERS, WITH FRESH LEMON ZEST ON TOASTED BAGEL **\$11.99**

COOL CUCUMBER BAGEL*~ CUCUMBER SLICES, CRISPY BACON & VEGGIE CREAM CHEESE ON A TOASTED BAGEL **\$4.99**

HOT HONEY BAGEL*~ TOASTED BAGEL WITH PLAIN CREAM CHEESE, CHOPPED BACON, MIKE'S HOT HONEY & CRUSHED RED PEPPER, SERVED OPEN-FACED **\$4.99**

STRAWBERRY NUTELLA WAFFLE*~ TOASTED BELGIAN WAFFLE, TOPPED WITH NUTELLA, STRAWBERRIES, SHAVED CHOCOLATE, CHOCOLATE DRIZZLE & WHIPPED CREAM
SINGLE \$5.99/DOUBLE \$10.99

PEANUT BUTTER BANANA WAFFLE*~ TOASTED BELGIAN WAFFLE, TOPPED WITH PEANUT BUTTER, BANANAS, SHAVED CHOCOLATE, CHOCOLATE DRIZZLE & WHIPPED CREAM
SINGLE \$5.99/DOUBLE \$10.99

TOASTS

AVAILABLE ON YOUR CHOICE OF THICK-SLICED SOURDOUGH OR MULTIGRAIN

THE CLASSIC AVOCADO*~ AVOCADO WITH EVERYTHING BAGEL SEASONING **\$6.99**

THE AVOCADO COBB*~ AVOCADO, CHOPPED BACON, DICED TOMATOES & HARD-BOILED EGG **\$8.99**

THE SPICY CHICKSTER*~ AVOCADO, BLACKENED ROASTED CHICK PEAS, GOAT CHEESE, MIKE'S HOT HONEY & CRUSHED RED PEPPER **\$8.99**

GREEK GODDESS*~ WHITE BEAN HUMMUS, DICED TOMATOES, CUCUMBERS, KALAMATA OLIVES & FETA CHEESE, WITH FRESH LEMON ZEST **\$8.99**

SPICY SALMON*~ JALAPEÑO CREAM CHEESE, SMOKED SALMON, CUCUMBER SLICES, CREAMY SRIRACHA, FRESH JALAPEÑO SLICES & SESAME SEEDS **\$11.99**



PEANUT BUTTER TOAST*~ PEANUT BUTTER WITH YOUR CHOICE OF APPLE SLICES OR BANANAS, HOMEMADE GRANOLA, HONEY DRIZZLE & FLAX SEEDS **\$7.99**

NUTELLA TOAST*~ NUTELLA WITH YOUR CHOICE OF STRAWBERRIES OR BANANAS, POWDERED SUGAR & SHAVED CHOCOLATE **\$7.99**

GRILLED CHEESE MELTS

AVAILABLE ON SOURDOUGH OR MULTIGRAIN

BBQ CHICKEN GRILLED CHEESE MELT*~ BBQ PULLED CHICKEN, BACON, MELTED CHEDDAR CHEESE, CRISPY ONIONS & BBQ SAUCE **\$9.99**

CHIPOTLE CHICKEN AVOCADO MELT*~ PULLED CHIPOTLE CHICKEN, BACON, MELTED CHEDDAR & AMERICAN CHEESE & AVOCADO **\$9.99**

TUNA GRILLED CHEESE MELT*~ TUNA, MELTED AMERICAN CHEESE, BACON, TOMATO & RED ONION **\$9.99**

ROASTED VEGGIE GRILLED CHEESE MELT*~ MELTED PROVOLONE & ASIAGO, MUSHROOMS, CARAMELIZED ONIONS, ROASTED TOMATOES & BASIL PESTO **\$9.99**

SIGNATURE SANDWICHES

AVAILABLE ON YOUR CHOICE OF ROLL, WRAP, MULTIGRAIN, SOURDOUGH, OR GLUTEN FREE BREAD (STARTING AT \$10.99) GRINDER OR CIABATTA (STARTING AT \$12.99)

FRENCH ONION CHICKEN~ GRILLED CHICKEN, MELTED ASIAGO & PROVOLONE, CARAMELIZED ONIONS, ARUGULA & GARLIC AIOLI

VERMONT CHICKEN CLUB~ GRILLED CHICKEN, MELTED VT CHEDDAR, BACON, AVOCADO, LETTUCE, TOMATO & CREAMY SRIRACHA

TUSCAN CHICKEN~ BREADED CHICKEN, PROSCIUTTO, FRESH MOZZARELLA, TOMATO, BASIL & ROASTED PEPPER PESTO

BUFFALO BLEU CHICKEN~ GRILLED BUFFALO CHICKEN, BACON, LETTUCE, TOMATO, CRUMBLED BLEU CHEESE, RANCH DRESSING & HOT SAUCE

TURKEY CRANBERRY & BRIE~ OVENGOLD TURKEY, BACON, BRIE, ARUGULA & CRANBERRY WALNUT CHUTNEY*

BBQ TURKEY~ BOAR'S HEAD MESQUITE SMOKED TURKEY, MELTED VT CHEDDAR, BACON, CRISPY ONIONS & BBQ SAUCE

LOCAL HARVEST~ FRESH MOZZARELLA, BREADED EGGPLANT, CARAMELIZED ONIONS, ROASTED TOMATOES, BABY SPINACH & ROASTED PEPPER PESTO

ITALIAN CLUB~ PROSCIUTTO, SOPRESSATA, GENOA SALAMI, PEPPERONI, PROVOLONE, LETTUCE, TOMATO, BANANA PEPPERS, OLIVES, HOT SAUCE & HOUSE SUB DRESSING

ROAST BEEF & CHEDDAR~ BOAR'S HEAD ROAST BEEF, VT CHEDDAR, AVOCADO, ARUGULA, TOMATO, RED ONION & HORSERADISH SAUCE

GOURMET STEAK & CHEESE~ GRILLED FLANK STEAK, MELTED PROVOLONE, ROASTED PEPPERS, CARAMELIZED ONIONS, SAUTEED MUSHROOMS, LONG HOTS & GARLIC AIOLI (\$11.99/\$13.99)

PROSCIUTTO & BALSAMIC~ PROSCIUTTO, FRESH MOZZARELLA, ROASTED PEPPERS, ARUGULA & BALSAMIC GLAZE

CUSTOM SANDWICHES

AVAILABLE ON YOUR CHOICE OF ROLL, WRAP, MULTIGRAIN, SOURDOUGH, OR GLUTEN FREE BREAD (STARTING AT \$9.99) GRINDER OR CIABATTA (STARTING AT \$10.99)

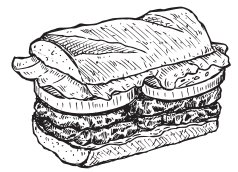
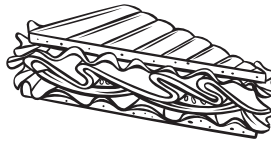
PROTEINS~ OVENGOLD TURKEY, DELUXE HAM, MESQUITE TURKEY, GRILLED CHICKEN, BREADED CHICKEN, GRILLED BUFFALO CHICKEN, CHICKEN SALAD, HARVEST CHICKEN SALAD, TUNA SALAD, EGG SALAD, ROAST BEEF, PEPPERONI, PROSCIUTTO, SOPRESSATA, GENOA SALAMI, BREADED EGGPLANT

CHEESE~ AMERICAN, PROVOLONE, VT CHEDDAR, SWISS, ASIAGO, PEPPERJACK, FRESH MOZZARELLA (\$1.49), BRIE (\$1.49)

CORE TOPPINGS~ LETTUCE, TOMATO, RED ONION, GREEN PEPPERS, BLACK OLIVES, PICKLES, CUCUMBERS

PREMIUM TOPPINGS~ (\$.59) BABY SPINACH, ARUGULA, ROASTED PEPPERS, BANANA PEPPERS, CHERRY PEPPERS, LONG HOTS, JALAPENOS, CARAMELIZED ONIONS, SAUTEED MUSHROOMS, ROASTED TOMATOES, CRISPY ONIONS, (\$.99) BACON, AVOCADO, PROSCIUTTO, HUMMUS

CONDIMENTS~ MAYO, GARLIC AIOLI, CREAMY SRIRACHA, HOT SAUCE, YELLOW MUSTARD, SPICY MUSTARD, HONEY MUSTARD, RANCH, HORSERADISH, BBQ SAUCE, HOUSE SUB DRESSING, BASIL PESTO*, ROASTED PEPPER PESTO, CRANBERRY WALNUT CHUTNEY*, BALSAMIC GLAZE, OIL & VINEGAR



SIGNATURE SALADS

(AVAILABLE SHORT OR TALL)

SIGNATURE GOURMET~ MIXED GREENS, BABY SPINACH, GRAPE TOMATOES, CARROTS, CUCUMBERS, KALAMATA OLIVES, CHICK PEAS, RED ONION & SHAVED PARMESAN \$8.99/\$9.99

BLT CAESAR~ ROMAINE, CRISPY BACON, GRAPE TOMATOES, SHAVED PARMESAN, HOMEMADE CROUTONS & CREAMY CAESAR DRESSING \$8.99/\$9.99

NAPA COBB~ ROMAINE, CRISPY BACON, HARD-BOILED EGG, GRAPE TOMATOES, CUCUMBERS & CRUMBLED BLEU CHEESE \$9.99/\$10.99

HARVEST SPINACH~ BABY SPINACH, GRANNY SMITH APPLES, CRISPY BACON, CRAISINS, ALMONDS, RED ONION & CRUMBLED BLEU CHEESE \$9.99/\$10.99

SOUTHWESTERN~ ROMAINE, BLACK BEANS, ROASTED CORN, GRAPE TOMATOES, SHREDDED CHEDDAR & TORTILLA STRIPS \$9.99/\$10.99

FARMER'S PLATE~ KALE, BRUSSELS, BEETS, CARROTS, EDAMAME, QUINOA, ALMONDS, RED ONION & FETA CHEESE \$10.99/\$11.99

CUSTOM SALADS

INCLUDES YOUR CHOICE OF SHORT (\$7.99) OR TALL (\$8.99) GREENS, WITH 4 CORE TOPPINGS. ADD ANY PREMIUM TOPPINGS OR PROTEINS TO MAKE IT YOUR OWN.

GREENS~ ROMAINE, MIXED GREENS, BABY SPINACH, ARUGULA, POWER BLEND (KALE/BRUSSELS/CARROTS)

CORE TOPPINGS (PICK 4)~ GRAPE TOMATOES, CUCUMBERS, CARROTS, GREEN PEPPERS, RED ONIONS, BLACK OLIVES, HOMEMADE CROUTONS

PREMIUM TOPPINGS~ (ADD \$.59) CHICK PEAS, BLACK BEANS, BLACKENED CHICK PEAS, ROASTED CORN, SWEET POTATOES, EDMAME, BEETS, KALAMATA OLIVES, ROASTED PEPPERS, BANANA PEPPERS, CHERRY PEPPERS, JALAPENOS, CARAMELIZED ONIONS, QUINOA, FARRO, CRAISINS, GRAPES, BLUEBERRIES, APPLES, SHAVED PARMESAN, FETA CHEESE, BLEU CHEESE, SHREDDED CHEDDAR, CRISPY ONIONS, TORTILLA STRIPS, ALMONDS, WALNUTS, SUNFLOWER SEEDS, PUMPKIN SEEDS (ADD \$.99) BACON, AVOCADO PULP, HARD-BOILED EGG, HUMMUS, STRAWBERRIES, CANDIED WALNUTS, FRESH MOZZARELLA, GOAT CHEESE

PROTEINS

GRILLED, BREADED, OR BUFFALO CHICKEN (\$4.99)
CHICKEN, TUNA OR HARVEST CHICKEN SALAD (\$4.99)
GRILLED STEAK OR LOX (\$5.99)

HOMEMADE DRESSINGS

GLUTEN-FREE

BALSAMIC VINAIGRETTE
WHITE BALSAMIC VINAIGRETTE
HOMESTYLE RANCH
CREAMY CAESAR
SOUTHWESTERN CHIPOTLE
PARMESAN PEPPERCORN

