



BREAKFAST ALL DAY

QUICHE Chef's Whim Meat or Veggie Slice 8

THE NEW YORKER Everything Bagel with Egg, American Cheese, and Hot Honey 8
With Bacon or Sausage 9

THE JERSEY English Muffin with Pork Roll, Egg and American Cheese 8.50

THE SAN FRAN Toasted Birdseed Bread with Avocado, Tomato, Egg White and American Cheese 10

BREAKFAST BURRITO OR BOWL
Mixture of Scrambled Eggs, Potatoes, Roasted Pepper, Onions, Spinach, Cheddar Cheese, Chorizo Sausage and Side of Salsa 10 Vegetarian 8.50

STRATA Breakfast Casserole with Ham, Fire Roasted Peppers, Onions and Cheddar Cheese 7

BACON AVOCADO TOAST Choice of Sourdough, or Birdseed Bread with Avocado, Bacon, Tomatoes, and Everything Seasoning 12

HOUSE MADE TOAST Choice of Bread with Butter, Peanut Butter or Cream Cheese 3.50
With Nutella 4.50

MAC & CHEESE

4 CHEESE MAC & CHEESE
Topped with Panko 6

BACON & JALAPEÑO MAC & CHEESE
6.75

SOUPS & BOWLS

SAVE YOUR LIFE CHICKEN AND NOODLE SOUP Pint 5 | Quart 9

ASK FOR OUR DAILY SOUP OFFERINGS
Pint 5 | Quart 9

AUTUMN VEGGIE BOWL Roasted Squash, Brussels Sprouts, Red Potato, Onion, Carrots on Rice and Quinoa 12

PASTRIES & BREAD

Make Sure To Check Out Our Daily Selection of Fresh Baked Goods!

SANDWICHES

TURKEY CLUB Sourdough Bread with Turkey, Bacon, Lettuce, Tomato, and Garlic Aioli 13

BURNS ISLAND CHICKEN Red Pepper Bun with Grilled Chicken, Mozzarella, Basil Pesto, Tomato Roasted Red Pepper and Balsamic. Served Warm 13

TUNA MELT Birdseed Bread with Herb Tuna Salad and Cheddar Cheese 13

CAPRESE Red Pepper Bun with Mozzarella, Basil Pesto, Tomato Roasted Red Pepper and Balsamic 10

CRISPY CHICKEN BACON RANCH WRAP Tortilla with Breaded Chicken, Bacon, Cheddar Cheese, Lettuce and Ranch 12

GRAB & GO

Check Out Our Daily Selection of Salads, Sandwiches and Snacks!



Consuming raw or undercooked meats, seafood, shellfish, poultry or eggs may increase your risk to food borne illness