



the TABLE

BE PRESENT - BE FILLED

COFFEE

HOUSE COFFEE	\$2.85	
ESPRESSO	\$2.45	
AMERICANO	\$3.35/\$4.35	
CAPPUCCINO	\$3.65	
RAW CAPPUCCINO	\$3.95	
<i>Honey and raw sugar</i>		
COLD BREW	\$4.25	
<i>With milk and honey</i>		\$4.95
LATTE	\$4.65/\$5.65	
<i>Vanilla, Caramel, Sugar and Spice</i>		
MOCHA	\$4.65/\$5.65	
<i>White, Dark, or White Lavender</i>		
CORTADO	\$3.25	
FRENCH PRESS	\$6.10	
<i>For two</i>		

BREAKFAST

TOMATO PIE	\$7.95	
<i>Ode to our origins, traditional tomato pie served with greens and a scone</i>		
Add garlic roasted mushrooms... \$1.40		
Bacon... \$2.95		
Individual Mini Pie	\$6.15	
GF Pie	\$6.95	
QUICHE		\$8.35
<i>Three cheese, seasonal, served with greens and a scone</i>		
Gluten-free in mini-pie size	\$7.15	
BAKED OATMEAL	\$5.75	
<i>Served with milk - Seasonal, Blueberry, Gluten Free Honey</i>		
CHIA PUDDING	\$4.85/\$6.65	
<i>Vegan, GF; topped with seasonal fruit and homemade granola</i>		
CLASSIC EGG	\$6.95	
<i>Two eggs prepared your way with toast and choice of one side</i>		
MAPLE + SPICE FRENCH TOAST	\$8.45	
<i>Brioche coated in maple spice, served with cinnamon honey butter and fresh berries</i>		
VAFFEL	\$6.95	
<i>Two Traditional Norwegian waffles, served with syrup and jam</i>		
Sveler (Norwegian Pancakes)	\$6.95	
<i>Two traditional folded Norwegian pancakes, served with cinnamon honey butter and syrup</i>		
Stuffed with berries	\$8.45	
CHICKEN + WAFFLES	\$11.45	
<i>Cornflake-crusting chicken breast, vaffel, sweet sriracha, syrup and cinnamon honey butter</i>		

TEA + STEAMERS

LOOSE LEAF	
<i>Rooibos, Earl Grey, English Breakfast, Peppermint, Decaf English Breakfast, Green, Ginger Lemon</i>	
POT OF TEA	\$3.80
FOGGED TEA	\$4.10/\$4.55
<i>Tea steeped in steamed milk and sweetened with vanilla</i>	
HONEY LAVENDER FOG	\$4.10/\$4.55
CHAI	\$4.15/\$5.15
GOLDEN CHAI	\$5.55/\$4.35
HOT CHOCOLATE	\$3.55/\$4.55
MATCHA	\$4.65/\$5.65

COLD

HERB LEMONADE	\$3.45
FRESH BREWED ICED TEA	\$3.45
BOTTLED DRINKS	\$3.00
MILK	\$2.25
CHOCOLATE MILK	\$2.25
MILKSHAKE	\$5.95
<i>Vanilla, Chocolate, Espresso, Chai, Chocolate Chip</i>	
SMOOTHIE	\$5.25
<i>Mango, Pineapple, Strawberry, Green Machine</i>	

TOASTS

Gluten free bread GF	\$1.65
AVO + EGG	\$6.95
<i>Multigrain, avocado, sunny egg, spinach, sweet sriracha drizzle</i>	
MUSHROOM + BRIE	\$7.25
<i>Multigrain, avocado, sunny egg, spinach, sweet sriracha drizzle</i>	
STRAWBERRY BANANA NUTELLA	\$6.25
<i>Multigrain, sliced banana and strawberries, finished with powdered sugar and fresh lemon zest</i>	

SIDES

*SEASONAL FRUIT	\$5.50
*ROASTED POTATOES	\$3.50
*PARMESAN GRIT CAKE	\$3.25
*ROASTED SQUASH	\$3.50
GARLIC ROASTED MUSHROOMS	\$1.40
BACON	\$2.95
CHICKEN FETA SAUSAGE	\$3.50
PURE MAPLE SYRUP	\$1.25
TOAST WITH AVOCADO	\$5.35
BALSAMIC ONIONS	\$1.40

*Denotes optional sides for egg dishes

MENU

BREAKFAST BOWLS

Served with two over-easy eggs over choice of seasoned potatoes or warm grains

Make it a Flipper \$2.00

BREAKFAST SAUSAGE **GF** \$11.25
Roasted mushrooms, herbed sausage, kale, tomatoes, and parmesan

CALI KETO **GF** \$10.80
Bacon, ham, feta, spinach, avocado and cilantro lime sauce

SAUSAGE AND SQUASH HASH **GF** \$10.35
Herbed sausage and roasted butternut squash

THE MEATS **GF** \$10.95
Ham, bacon, sausage, mixed cheese

THE VEGGIE **GF** **V** \$9.95
Spinach, roasted red peppers, balsamic onions, garlic roasted mushrooms and cheddar

SANDWICHES

Served with chips or greens
Sub carrot fries, soup, or chia pudding \$3.25

CUBAN \$11.96
House-roasted cuban pork loin, black forest ham, swiss, dill pickle, 50/50 mustard on ciabatta

PESTO CHICKEN PANINI \$10.65
Seasoned grilled chicken breast, mozz, roasted red peppers and house pesto on ciabatta

TOMATO PIE BLT \$11.25
Our take on the classic - tomato pie topping, bacon, lettuce, tomato on sourdough

HAM + BRIE PANINI \$10.45
Black forest ham, brie, fresh basil and raspberry honey mustard on ciabatta

CURRY CHICKEN SALAD WRAP \$9.25
Seasoned chicken breast, grapes, red onion, almonds, celery, coconut curry mayo

VEGGIE WRAP **GF** **V** \$8.45
Spinach, roasted red peppers, balsamic onion, cucumber, garlic roasted mushrooms and dill sauce

CHIPOTLE CHICKEN WRAP \$10.25
Seasoned grilled chicken breast, black beans, corn, roasted red peppers, 50/50 cheese, red onion, chipotle ranch

LUNCH BOWLS

Add Chicken \$3.50

CILANTRO LIME **GF** \$10.65
Warm grains, spinach, balsamic onion, tomato, roasted garlic mushrooms, avo, and cilantro lime sauce

PESTO CHICKEN **GF** \$11.15
Pesto chicken, mozz, spinach, tomatoes, balsamic onion, and honey star balsamic

SOUTHWEST GRAIN **GF** \$10.35
Warm grains, black beans, roasted red peppers, grilled corn, tomatoes, avo and chipotle ranch

GF Denotes a Gluten Free item.

V Denotes a Vegan item.

BREAKFAST WRAPS

Make your wrap **GF** \$1.65

VEGGIE EGG WRAP **V** \$7.15
Scrambled eggs, roasted red peppers, spinach, balsamic onions, garlic roasted mushrooms and 50/50 cheese

EGG + CHEESE WRAP \$5.90
Scrambled Eggs and cheddar
Add bacon or herbed sausage \$3.25

PRETZEL

BREAKFAST SANDWICH \$7.95
Grilled pretzel bun, two fried eggs, cheddar, bacon, spinach, raspberry honey mustard or sweet sriracha
Put it on a Vaffel. \$3.25

SOUPS + SALADS

TAKE TWO \$10.95
Choose two items from our sandwiches, salads and soup du jour

SOUP DU JOUR \$3.95/\$5.35

CARROT FRIES **V** \$4.65/\$6.50

CURRY CHICKEN **GF** \$9.85
Seasoned chicken breast, grapes, red onion, almonds, celery, coconut curry mayo served over sliced tomato and greens

KALE COBB **GF** \$10.95
Lemon kale, bacon, avo, hard boiled egg, feta, tomatoes, red onion and honey star balsamic vinaigrette

GARDEN **GF** \$7.65
Cucumber, carrots, tomato, red onion, 50/50 cheese, mixed greens

ADD:
Chicken \$3.50 / Bacon \$2.95 / Hard Boiled Egg \$1.40 / Avo \$2.50

DRESSINGS:
HONEY STAR BALSAMIC VINAIGRETTE
OLIO LEMON HOUSE
CILANTRO LIME
CREAMY PARM
RASPBERRY HONEY MUSTARD
CHIPOTLE RANCH



BURGERS

Add Ons \$1.40
Cheddar, swiss, balsamic onions, garlic roasted mushrooms, avocado, spinach, egg

CLASSIC CHEESE \$12.25
LTO and cheddar

FARMHOUSE \$13.45
Over easy egg, cheddar, bacon, LTO, sweet sriracha

GREEK \$12.95
Feta, tomato, cucumber, spinach, tzatziki

SWISS TURKEY \$10.65
Grilled pretzel bun, garlic roasted mushrooms, swiss, spinach, honey star balsamic vin

BLACK BEAN \$10.25
Housemade bean burger, spinach, balsamic onions, sweet sriracha

*Despite our careful precautions, we are not a gluten-free facility.

**Consuming raw or undercooked meats, seafood, shellfish, or eggs may increase your risk of food-borne illness.