

BREAKFAST

Loaded Bagel Smoked Salmon, Cream Cheese, Red Onions and Capers	\$12.00
+ Add Scallion Cream Cheese + Add Fried Egg	
Greek Yogurt Parfait Fruit and Granola	\$5.25
Fruit Cup	\$5.00

SMOOTHIES (16 OZ)

Berry Bliss Smoothie Blend of strawberries, blueberries, banana, & Greek yogurt, mixed with oat milk and a touch of honey.	\$5.25
Tropical Sunrise Smoothie Mango, pineapple, banana, and Greek yogurt, blended with orange juice.	\$5.25
Green Vitality Smoothie Spinach, pineapple, cucumber, green apple, and celery, blended with either orange juice or water.	\$5.25
+ Protein powder + Chia or Flax seeds	\$1.00 \$1.00

PANINIS

Caprese Fresh Mozzarella, Tomato, Arugula, Nut Free Pesto	\$13.00
Mediterranean Hummus, Arugula, Tomato, Eggplant, Squash, Zucchini, Feta Cheese, Nut Free Pesto	\$13.00
Tuna Melt Tuna, Cheddar Cheese, Tomato	\$11.00
Salmon Melt Salmon, Herbed Cheese, Greens, Tomato	\$15.00

FLATBREADS

Individually Sized	
Classic Cheese	\$14.00
Margherita	\$15.50
Pesto Roasted Veggie	\$15.50

SIDES

Plain Bagel	\$4.00
French Fries	\$4.50
Onion Rings	\$5.50
Mac and Cheese	\$5.50/\$10.00
American, Provolone, Buttercrum	b Topping

SOUP

Soup of The Day \$6.00

SALADS

Add Grilled Salmon, Tuna Salad, Tofu, Falafel or California Veggie Burger to Any Salad	
Farmer's Salad Mixed Greens with Tomato, Red Pepper, Carrots, Purple Onions, Lemon, Dijon Vinaigrette	\$9.00
Greek Salad Mixed Greens, Tomatoes, Cucumbers, Red Onions, Pepperoncini, Black Olives, & Feta Cheese, Oregano Vinaigrette	\$9.00
Caesar Salad Romaine Lettuce, Croutons, Parmesan Cheese, Garlicky Caesar Dressing	\$9.00

SANDWICHES

SANDWICHES	
Served on Choice of Ciabatta Roll or Wheat Wrap, Includes Chips and Pickle	
Tuna Salad Lettuce and Tomato	\$9.00
Dijon Egg Salad Arugula, Tomatoes, Cucumbers	\$9.00
Curried Tofu Lettuce, Cucumber, Shaved Red Onion, Za'atar Mayo	\$11.00
Falafel Sandwich Falafel, Hummus, Feta, Chopped Israeli Salad, Techina	\$12.00

FROM THE GRILL AND FRY

Fish and Chips Crispy Fish and French Fries, served with Tartar Sauce	\$16.00
Grilled Cheese Sliced Bread with American, Cheddar and Parmesan Cheese	\$11.00
Salmon Burger Lettuce, Tomato and Dill Mayo	\$16.00
Tuna Burger Lettuce, Tomato and Spicy Mayo	\$17.00
Impossible Burger Cheese, Lettuce, Tomato, Onion and Mayo	\$16.00