



# BREAKFAST MENU

Available till 230pm

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## BREAKFAST SANDWICHES

**BREAKFAST SANDWICH** (vgt / v & gf options) **\$7**

Egg, cheddar, house avocado aioli on an English muffin, or plain or everything bagel

**THE NEW YORKER** (meat / vgt, v & gf options) **\$10**

Bacon, egg, cheddar, tomato, avocado aioli on an English muffin, or plain or everything bagel

+\$2 for sliced avocado, tomato

+\$3 for sausage (v), bacon (v/meat), ham, turkey (v/meat)

+\$5 for lox

+\$3 for hard roll or bagel with extra egg & cheese

## BURRITOS

(all vgt / v & gf options. Any sauce\* available with any burrito)

**BREAKFAST BURRITO** **\$10**

Eggs, tofu, sundried tomato, greens, feta, sesame oil, with house avocado aioli and/or adobo(v. spicy) on the side (please specify)

**CLASSIC BURRITO** **\$10**

Eggs, black beans, brown rice, sweet potatoes, house avocado aioli and/or chimichurri sauce on the side

**LUNCH BURRITO "THE BARBARITO"** **\$14**

Savory burrito loaded with soy chorizo, roasted sweet potato, pickled red onion, black beans, cheddar cheese(vgt/v), house made salsa verde, and brown rice. Served with jalapeno mayo(v)

**+3 soy chorizo(v), plant based sausage, ham(meat), turkey(meat/v), or bacon(meat)**

## BELGIAN WAFFLES

(vgt / v-gf-nut option)

Fresh berries, whipped cream & fruit bourbon compote. **Maple syrup (free) on request.** **\$14**  
 (May substitute chocolate syrup for compote)

## OMELETTES

**Three-egg omelette served with salsa verde or sauce of your choice\* and fresh Placid Baker ciabatta, or gf toast** (vgt & vegan options)

**EUPHORIC** **\$12**

Spinach, mushroom, tomato, onion, cheddar cheese

**WESTERN** **\$12**

Ham, green pepper, onion, cheddar cheese

**EASTERN** **\$12**

Sundried tomato, spinach, onion, feta

**NEPTUNE** **\$12**

Lightly seared nova lox, spinach, sour cream

**BUILD YOUR OWN** **\$12**

Choose any 3 veg & 1 cheese: swiss (vgt), feta (v/vgt) or cheddar (v/vgt). +\$1 ea. extra veg/+\$2 any protein

## BAGELS YOUR WAY

(bagels are plant based; gf everything bagel available)

**PLAIN OR EVERYTHING BAGEL** **\$6**

with plain(v/vgt) or jalapeno(vgt) cream cheese

**THE VEG** **\$9**

Capers, cucumber, green pepper, red onion & mixed greens

**THE PROTEIN** **\$12**

Lox or any protein (meat/v) + one veggie

**THE WORKS** **\$15**

Includes all of the above!

## SELECT BEVERAGES

**LAVENDER MENACE** **\$6**

Sweet & light lavender lemonade w/ butterfly pea flower tea

**STRAWBERRY MATCHA LATTE** **\$6**

House strawberry syrup mingled with oat milk and matcha, iced

**FRUIT SMOOTHIE** (all contain yogurt) **\$6**

Mango(vgt), Apple-Blueberry (v), or Green Apple-Kiwi (vgt)

**JUICE** **\$3.50**

Orange, grapefruit, or lemonade (+1.5 flavored)

**HOT CHOCOLATE** **\$4**

### SELF SERVE

Soda, Water, Seltzer	\$2	Energy Drink	\$3.50
San Pellegrino Soda	2.75	Sparkling Water	6
Bottled Soda	4	Specialty - lg. bottles	11-14

v=plant based / vgt=vegetarian / pesca=pescatarian /  
 meat=contains meat / gf=gluten free / nut=contains nuts  
**option** = Item may vary from description, please ask.

\***Available sauces:** avocado aioli, salsa verde, jalapeno mayo, adobo(v. spicy), chimichurri(spicy), sriracha (v. spicy), ketchup

# LUNCH MENU

Ask for availability before 1130am

## SANDWICHES

(gf bread avail. with all sandwiches)

### LGBTQ (meat / vgt & v options) \$15

Our fresh take on a classic BLT. Lettuce, Guac (avocado aioli), Bacon(meat, vgt or v), Tomato, Queso (swiss or cheddar), and mayo on toasted rye

### SEARED TURKEY & BRIE (meat / vgt & v options) \$15

Cranberry sauce, mayo, honey mustard, jalapeno, jam, crisp greens on fresh ciabatta

*(plant-based turkey & cheddar cheese avail. as substitutions)*

### THE HELEN (meat / vgt & v options) \$12

Turkey, cucumber, mixed greens, feta, chimchurri sauce, mayo on a hard roll or brioche(vgt). Fresh ciabatta +2

### THE TROJAN (meat / v option) \$12

Ham, cheese, tomato, honey mustard, mayo on hard roll or brioche(vgt). Fresh ciabatta +2

## SOUP & SALADS

### HOUSE CAESAR SALAD (pesca / v opt.) \$7/\$13

Romaine lettuce, croutons, parmesan, Caesar dressing. (gf without croutons). Side or main

### CITRUS SALAD (vgt / v opt.) \$9/\$14

Mandarin & naval oranges, avocado, almonds, feta(vgt/v), pickled red onions on a bed of mixed greens with a lightly sweetened miso dressing. Side or main

### ARUGULA SALAD (vgt / v opt.) \$9/\$14

Pickled beets, couscous, roasted sweet potato, feta (vgt/v), house lemon vinaigrette (gf without couscous). Side or main

**+\$5 for grilled chicken(meat/v), seared shrimp, or smoked salmon** (fresh or lightly seared)

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See specials card for info on our 3:1 sliding scale pricing and our safe space rules. Please consider leaving a 18% gratuity, for a fair and living wage for our staff.

## BOWLS

### SUNDRIED TOMATO AND BACON MAC & CHEESE (meat/vgt) \$14

Deliciously cheesy mac & cheese topped with either bacon, sun-dried tomatoes, or both

### MAC & CHEESE (vgt) \$11

Deliciously cheesy house made mac and cheese

### CHILI MAC (vgt) \$14

Mac & cheese with our plant based chili added

### MASAMAN CURRY (v-gf) \$14

Carrots, potato, bamboo shoots, tofu, water chestnuts, peas, coconut milk, spices. Served over white or brown rice, with soy-based pickles

### PLANT-BASED CHILI \$5/\$8

Hearty gluten free house made chili loaded with black beans, kidney beans, sweet potatoes and spiced to perfection. Topped with scallions. Sour cream(vgt) on request.

### MISO SOUP \$3

Miso, tofu, seaweed, radish, shiitake mushrooms in a gluten free, plant based stock

**+\$2 Fresh Placid Baker Ciabatta(v), jalapeno cornbread(v-gf), or rice with chili or any soup**

## SMALL PLATES

### DUSTED WAFFLE FRIES (v-gf) \$6

Waffle cut fries dusted with savory seasoning, served with ketchup or Sriracha ketchup(spicy). **Note: Takes 15 minutes**

### LOADED WAFFLE FRIES (vgt-gf) \$11

Add chili, cheddar, sour cream, jalapeno to above!

*(may specify exclusions; plant-based with v. cheddar but without sour cream)*

### GYOZA (v-gf opt avail.) \$8

Japanese pan fried dumplings with spicy mustard, wasabi, sweet chili soy sauce.

Choose (6 per order):

Leek(v), kimchi(pesca), seafood, pork & veg

### HUMMUS (v / gf opt) \$8

Creamy and garlicky hummus served with pita chips and/or vegetables (gf as veg only)

### FRUIT AND NUT GRANOLA \$7

House made granola with plain greek or vanilla yogurt. +3 with fresh fruit