

# B'FAST



SERVED UNTIL NOON

**CROISSANT SANDWICH**.....\$9

cage free eggs, provolone cheese,  
choice of black forest ham or smoked bacon

*Add Tomato ... \$1    Add Avocado ... \$2*

**EGG FRITATTA**.....\$6

cage free eggs, bacon, cheddar cheese

**OR:** \_\_\_\_\_

cage free egg whites, roasted red peppers,  
provolone cheese

**SMOKED SALMON & BAGEL** ..... \$12

santa barbara smoked salmon, cream cheese,  
alfalfa sprouts, tomato, red onion, capers

**GLUTEN FREE STEEL CUT OATMEAL** .... \$9

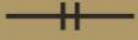
brown sugar, raisins, almonds

**ACAI BOWL**..... \$12

housemade granola, toasted coconut,  
berries, agave, goji berries

*Don't forget Juice and Coffee!*

# GARDEN



**QUINOA & BABY MIXED GREENS**

carrots, tomatoes, raisins,  
toasted almonds, red wine dressing

**\$12**

**GREEK SALAD**

crisp romaine hearts, roasted chicken  
breast, cucumbers, cherry tomatoes,  
feta cheese, olives, dill dressing

**\$16**

**TUNA SALAD**

mixed greens, olive oil poached pacific  
tuna, roasted red peppers, tomatoes,  
pepperoncini, balsamic vinaigrette

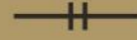
**\$16**

**BABY KALE CAESAR**

creamy parmesan dressing, croutons

**\$14**

# THE DELI



*with Chips or Whole Fruit*

**\$14**

**B.L.T.C.**

smoked bacon, romaine lettuce, roma tomatoes,  
aged cheddar cheese, mayonnaise, focaccia

**PESTO CHICKEN WRAP**

roasted chicken breast, basil pesto, tomato,  
avocado, romaine, feta cheese, lavosh wrap

**TURKEY GALANTINE**

roasted turkey, alfalfa sprouts, avocado,  
pepper jack cheese, spinach, red onion,  
mayonnaise, baguette

**REUBEN**

sliced pastrami, sauerkraut,  
swiss cheese, russian dressing

**SLOW ROASTED BEEF**

shaved roast beef, caramelized onions, swiss  
cheese, horseradish aioli, arugula, ciabatta

# PIZZA + MORE

12''

*Personal Pies*

**THREE CHEESE ... \$16**

**PEPPERONI ... \$17**

**MARGHERITA ... \$17**

**BBQ PORK & RED ONION ... \$18**

## SIDES

**HUMMUS & STICKS**.....\$6

**CAPRESE SALAD** .....\$7

cherry tomatoes, fresh mozzarella, basil,  
red wine vinaigrette

**FARRO ANTIPASTO**.....\$6

salami, kalamata olives, red peppers,  
feta cheese, roasted cauliflower

**MANHATTAN CLAM CHOWDER**.....\$7

old bay chips

# GELATO



**\$5<sup>50</sup>**

piccolo

**\$6<sup>50</sup>**

mediano

**\$7<sup>50</sup>**

grande

AFFOGATO ..... + \$1

CONO ..... + \$1



## FRAPPUCCINO BLENDED DRINKS

**COFFEE (CHOOSE A FLAVOR) ... \$5**

coffee, caramel, mocha, java chip

**CRÈME (CHOOSE A FLAVOR) ... \$5**

vanilla bean, double chocolaty chip

# DRINKS



TALL	GRANDE	VENTI
12	16	20
oz	oz	oz

BREWED COFFEE.....\$2<sup>50</sup> 3<sup>00</sup> 3<sup>50</sup>

CAFFÈ LATTE .....\$3<sup>00</sup> 3<sup>50</sup> 4<sup>00</sup>

CAPPUCCINO .....\$3<sup>00</sup> 3<sup>50</sup> 4<sup>00</sup>

CAFFÈ MOCHA .....\$3<sup>50</sup> 4<sup>00</sup> 4<sup>50</sup>

VANILLA LATTE.....\$3<sup>50</sup> 4<sup>00</sup> 4<sup>50</sup>

CARAMEL MACCHIATO.....\$3<sup>75</sup> 4<sup>50</sup> 5<sup>00</sup>

WHITE CHOCOLATE MOCHA....\$3<sup>75</sup> 4<sup>50</sup> 5<sup>00</sup>

ESPRESSO (Single or Double)..... \$2 / 3

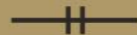
ICED COFFEE.....\$2<sup>50</sup> 3<sup>00</sup> 3<sup>50</sup>

COLD BREW COFFEE .....\$3<sup>00</sup> 3<sup>50</sup> 4<sup>00</sup>

TAZO ICED TEA .....\$2<sup>50</sup> 3<sup>00</sup> 3<sup>50</sup>

TAZO ICED TEA LEMONADE ....\$2<sup>50</sup> 3<sup>00</sup> 3<sup>50</sup>

# JUICES



PRESSED TO ORDER UNTIL 2PM

12 oz

**\$7**

**\$8**

16 oz

## CLEANSE

granny smith apple, lemon, celery, kale

## REJUVENATE

pineapple, orange, beet root, lemon, lime

## ENERGY

red delicious apple, cucumber, lime, ginger root, spinach

## SUNRISE

orange, carrot, ginger root

**HEALTH-ADE KOMBUCHA (ON TAP): \$7**

*Doctor it Up ... \$2 each*

GINGER ROOT ♦ GROW GARDEN HONEY  
ALOE VERA ♦ AGAVE NECTAR ♦ CAYENNE  
CHIA SEEDS ♦ SPIRULINA ♦ MACA  
GROW GARDEN BEE POLLEN

# SMOOTHIES

**\$8**

AVAILABLE UNTIL 2PM

## RED

strawberry, banana, yogurt, pom juice

## GREEN

cucumber, pineapple, spinach, lime, yogurt, apple juice

## STONEFRUIT

peach, blueberry, blackberry, raspberry, banana, yogurt, agave, soy milk

## COCO HAZE

banana, yogurt, nutella, almond butter, coconut milk

## PEACHY

peach, strawberry, mango, yogurt, agave, orange juice

## POWER

blueberry, banana, acai, agave, protein, soy milk

*Add a Booster ... \$2 each*

PROTEIN ♦ MEAL REPLACEMENT  
FAT BURNER ♦ ENERGY ♦ FIBER