

espresso, coffee, loose leaf tea  
breakfast bowls and wraps  
fresh fruit smoothies  
innovative lunches and soups



housemade bakery selections  
many gluten free options  
**beer and wine**  
retail gifts and free wireless

## Breakfast (served until 11 a.m.)

### The LSD (Leafy Sea Dragon) Bowl

Organic mango, strawberries and pineapple blended with organic chard, kale, spinach, spirulina, banana and OJ. Topped with house-made super seed granola, fresh strawberries, bananas, coconut chips, and chia seeds. **11**

### Berrylicious Smoothie Bowl

Blueberries, blackberries, and raspberries blended with banana & coconut milk. Topped with housemade granola, vanilla whipped cream, strawberries, and sliced banana. **9**

### Mango Smoothie Bowl

Mango and strawberry blended with greek yogurt & OJ. Topped with housemade super seed granola, strawberries, blueberries, sliced banana and coconut chips. **9**

### Baked Oatmeal

Baked oatmeal transforms ordinary oatmeal into the ultimate comfort breakfast food. Served warm with a side of milk, bananas, and strawberries. **7**

### Breakfast Bowl

Four soft scrambled eggs with fresh tomato, shredded cheddar, applewood-smoked bacon bits, and topped with avocado-lime dressing. Served with roasted potatoes. **14**

### Breakfast Panini

Bacon or ham, scrambled eggs, and cheddar on fresh-baked focaccia. Served with a side of salsa and roasted potatoes. **13**

### Breakfast Wrap

Bacon or ham, scrambled eggs, cheddar and salsa piled into a grilled wrap. Served with a side of roasted potatoes. **12**

### Breakfast Burrito

Rice and beans topped with scrambled eggs, cheddar, Sriracha mayo, bacon and avocado. Served with a side of roasted potatoes. **14**

### Lox Plate (available all day)

Open-plate bagel topped with lox, tomato, cucumber, onion, sprouts, capers, and cream cheese. **12**

### Guacamole Breakfast Sandwich

Housemade guacamole, bacon, scrambled eggs, and pepperjack on ciabatta. Served with roasted potatoes. **13**

### Nutella Sandwich

Strawberries, banana slices and Nutella on lightly grilled whole-grain bread. Served with a side of fruit. **7**

### Yogurt Parfait

Vanilla yogurt topped with our homemade super seed granola and fresh strawberries. **8**

## Bagels (available all day)

### Plain Bagel

Toasted, served with your choice of cream cheese, butter, jelly or Nutella. **3.50**

### Smoked Salmon Bagel

Smoked salmon, tomato, cucumber, red onion and cream cheese on bagel of your choice. **11**

### Veggie Bagel

Toasted, with avocado, red onion, tomato, cucumber, and cream cheese. **9**

## Bakery

*Check our bakery case for daily specials!*

**Muffins** Housemade. Assorted flavors daily. **4**

**Croissants** Housemade. Plain **4**, Chocolate **5**

**Savory Croissants** Rotating menu of house-made croissants baked to perfection and filled with various meats and cheeses. **6**

**Cookies** Baked fresh daily in-house **3**

**GF Cookie Tarts** Crispy outside, soft and chewy inside. The most delicious cookie we've ever tasted. You won't believe it's gluten-free and vegan! **4.25**

**GF Marathon Bar** Energy bar for the trails. Sunbutter, honey, pecans, walnuts, dried cranberries, pumpkin seeds and brown rice cereal. Gluten-free! **4**

**Scones** Rotating menu of housemade sweet and savory scones. Check our case for daily specials. **4.25**

**Nutella Bread** Gluten-free sweet dough and Nutella are braided, lightly scored and baked together into a beautiful chocolate-hazelnut loaf. **4**

*...Menu continues on reverse*



Follow us on Facebook and Instagram for daily specials, contests and other news!

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## Just for kids

### Egg Scramble

Two scrambled eggs, cheddar cheese and bacon bits. (Breakfast only, served until 11 a.m.) **5**

### Grilled Cheese

Our grilled cheese is a wonderful blend of golden melted cheddar cheese and crisp, panini-grilled bread. **6**

### PBJ

A childhood classic returns with organic strawberry jam and peanut butter on whole wheat bread. **4**

## Smoothies

We use real frozen fruit for our smoothies  
Add protein powder **1**

### The LSD (Leafy Sea Dragon)

Organic mango, strawberries and pineapple blended with organic chard, kale, spinach, spirulina, banana and OJ. **8**

### Mermaid

Strawberries and banana blended with greek yogurt & orange juice. **7**

### Mango

Mangos and strawberries blended with greek yogurt & orange juice. **7**

### Starfish

Raspberries, strawberries and mango blended with banana & orange juice. **7**

### Triton

Organic blueberries, blackberries, and raspberries blended with banana & coconut milk. **7**

## Lunch (served until 1 hr before closing)

### Kale Quinoa Salad with Dijon Vinaigrette

Organic kale, quinoa, pecans, dried cranberries, and feta tossed with a lemon-garlic-dijon dressing. GF **13** Add chicken- **3**; smoked salmon- **4**.

### Strawberry-Spinach Salad

Fresh spinach, chicken breast, strawberries, feta, and red onions topped with candied pecans and poppy seed vinaigrette. **13**

### Tomato Pie

Deliciously seasoned red tomatoes are baked in a flaky cornmeal tart crust and covered with a rich cheesy topping. Served with a side of fruit. GF. **10**

### Lox Plate

Open-plate bagel topped with lox, tomato, cucumber, onion sprouts, capers, and cream cheese. **12**

### Quiche

Rich, savory quiche flecked with various cheeses, meats and fresh vegetables, baked in a buttery crust. Serving size is 1/4 of a pie. Selection varies daily. **8** Side of Salsa **.50**

### Sea Bean Bowl

Cilantro and lime white rice base, layered with seasoned chicken, monterey jack & cheddar cheeses, peruvian onion, tortilla chips and avocado lime dressing. Served with a side of homemade salsa. **13**

### Soup of the Day

Served with focaccia.

Bowl (12 oz) **7**

Soup and sandwich combo **16**

### Sea Bean Salmon Chowder -

Salmon, bacon, onion, celery, potatoes, carrots in a rich cream base. A best seller! Served with a side of focaccia. **10**

## Sandwiches & Paninis

All of our paninis are served on fresh, locally-made foccacia.  
All sandwiches come with a side of potato chips  
Housemade gluten free bread available- add \$2.50

### The Mayflower panini

Turkey, bacon, cream cheese, cranberry sauce, black pepper and lettuce, drizzled with honey. **11**

### BLT panini

A souped-up version of the classic: bacon, lettuce, tomato, avocado, red onion and cheddar. **11**

### Pesto Turkey panini

Turkey, bacon, provolone, red onion and pesto. **11**

### Veggie panini

Avocado, red onion, tomato, roasted red pepper, cucumber, lettuce and hummus. **11**

### Ham & Swiss Twist panini

Ham, swiss, tomato, mixed greens, poppy seed dijon mustard, mayo, shallot vinaigrette. **11**

### The Cold Turkey

You won't want to quit eating this one! Carrots, tomato, onions, romaine, cucumber, guacamole, balsamic vinaigrette and sliced turkey on whole-grain bread. Served cold. **11**

### Hearty Arti

Artichoke hearts, roasted red pepper, spinach, mozzarella, pesto, and mayo, drizzled with shallot vinaigrette on lightly grilled whole-grain bread. **11** Add chicken **2**

*Check our chalkboards  
for delicious daily specials!*