

Lunch Menu

Soup of the Day

Bowl 8.00 Cup 5.00

Try our house made soups. We offer both meat base and vegetarian/vegan options. Ask about our daily selections. Served with a side of bread.

Salads

Farm Fresh Salad Main 11.00 Side 6.00

Mixed locally grown greens, carrots, cucumbers, sun-dried tomato, almonds, dried cranberries, and topped with feta cheese, choose from house made balsamic, ranch or citrus dressing.

Chicken salad: 1 scoop 3.50

Caesar Salad Full 11.00 Half 7.00

Sandwiches

Add kettle chips for \$1.00 or a cup of soup for \$4.00

Build Your Own Sandwich Whole 12.00 Half 9.00

Bread: Old fashioned white, whole wheat, rye, or baguette. For Gluten free white or multi-grain add 3.00

Meat: Smoked ham, oven roasted turkey, or roast beef. **Option to sub avocado for meat**

Cheese: white cheddar, swiss, pepper jack or provolone

Vegetables (pick 2 for no charge): spinach, red onion, cucumbers, tomato, shredded carrots

Condiments: chipotle mayo, mayo, yellow mustard, or spicy mustard, hummus. All sandwiches come with crisp mixed greens.

Chicken Salad Sandwich Whole 12.00 Half 9.00

Fresh hand-shredded chicken, golden raisins, toasted almonds and crispy spinach. Served on a fresh baguette.

BLT Whole 12.00 Half 9.00

Served on old-fashioned white bread.

Grilled Cheese Whole 8.00 Half 6.00

Cheese choice: provolone, Swiss, pepper jack, white cheddar. Add meat for 1.50 served on old fashioned white bread.

Reuben Whole 12.00 Half 9.00

Grilled house made rye, corned beef, Swiss cheese, naturally fermented sauerkraut and thousand island dressing.

Veggie Wrap Whole 12.00 Half 9.00

Cucumbers, shredded carrots, red onions, red ripened tomatoes, spinach and toasted almonds.

Choice of: chipotle mayo, mayo, yellow mustard or spicy mustard. cheese or hummus for .75

Cafe Hours- Open every day 7am-3pm

Breakfast Menu

House Bagel 3.00

Try one of our fresh baked sesame, onion, or plain bagel.

cream cheese or jam for \$1.00

Bagel and Lox 13.00

Fresh salmon lox served with tomato, red onion, capers and cream cheese on your choice of sesame, onion, or plain bagel.

Biscuits and Gravy 12.00

House sausage gravy served over our fresh baked vegan biscuits.

+ 1 egg 1.50

+ egg & bacon 3.00

Breakfast Sandwich 12.00

Choice of biscuit, bagel, or bread

Egg: Scrambled or fried

Meat: Applewood bacon, smoked ham or sub avocado

Cheese: White cheddar, Swiss, pepper jack or provolone

Vegetables: Choice of 2: tomatoes, red onion, spinach, shredded carrots, or mixed greens.

Breakfast Bowl 12.00

Choice of eggs, roasted potatoes with onions and your choice of meat or avocado served in a bowl on a bed of spinach.

Old Fashioned Plate 12.00

A warm plate of eggs your choice, breakfast potatoes with onions, option of ham or 2 slices of bacon with a side of toast.

Breakfast Burrito 12.00

Scrambled eggs, homemade salsa, cheddar cheese, bacon, potatoes & onion wrapped in a warm tortilla. Your choice of hot or mild salsa.

Sourdough Belgium Waffle 8.00

House made Belgium style waffle served with butter and maple flavored syrup. Real organic syrup 2.00

+ whipped cream, chocolate sauce, chocolate chips, bananas, or nuts 1.00

+ fried egg on top 1.50

+ avocado or bacon 2.00

House Made Granola 9.00

Oats, coconut, almonds, vanilla, and cranberries.

Served with milk + vegan milk alternatives 1.00

+Greek yogurt 2.00

Warm Vegan Biscuit 3.50

+ cream cheese. peanut butter, jelly or honey 1.00

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your chances of foodborne illness.

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