

BREAKFAST

* Served all day.

TRADITIONAL PBJ SANDWICH 4.0

Peanut Butter, Strawberry Jam on
Toasted Honey Wheat Bread

AVOCADO TOAST 8.0

Two Poached Eggs, Pesto Basil seasoned
Arugula, Avocado mix served on locally
made Sourdough Bread

POACHED EGG SANDWICH 6.5

Two Poached eggs, Pesto Basil
seasoned Arugula with onion served
on Honey wheat toast

VEGAN AVOCADO TOAST 7.0

Mashed Avocado, Tomato, Pesto Basil
seasoned Arugula served on
Sourdough Bread

VEG BREAKFAST BAGEL 6.5

Inhouse Garden Cream cheese mix,
Avocado Slices, Tomato with spice mix

TRADITIONAL BREAKFAST BAGEL 7.0

Scrambled eggs, Cheddar cheese melt,
Bacon on choice of Bagel

EGG & CHEESE ON ENGLISH MUFFIN 6.0

Scrambled eggs, Cheddar cheese melt
on English Muffin

HAM EGG & CHEESE ON E ' MUFFIN 7.0

Scrambled eggs, Ham, Cheddar cheese
melt on English Muffin

TURKEY EGG & CHEESE ON E ' MUFFIN 7.5

Scrambled eggs, Turkey, Cheddar cheese
melt on English Muffin, with Creamy Pesto

EGGCADO 8.0

Two Halves of Avocado baked with Eggs.

WRAPS

Tortilla's: Sun-dried, Garden or Plain

BLT WRAP 7.0

Bacon, Lettuce, Tomatoes, Cream
Cheese and Mayo

VEGGIE WRAP 7.0

Pepper jack Cheese, Cucumbers,
Tomatoes, Arugula, Avocados, Lettuce,
onions and Green peppers.

VEGAN WRAP 7.0

Cucumbers, Tomatoes, Arugula, Avocados,
Lettuce, Onions and Green peppers.

INDIAN SPICY CHICKEN WRAP 9.0

Spiced Grilled Chicken Breast, Arugula,
Tomatoes, Cucumbers, Lettuce, Hummus,
Onions Green peppers.

CALIFORNIA TURKEY CLUB WRAP 9.0

Turkey, bacon, avocado, tomato,
lettuce, Mayo and Mustard

COLD SANDWICHES

* Served on 8" French Roll

BLONDE FRENCH 8.0

Turkey, Red Onion, Brie Cheese, Pesto
Basil seasoned Arugula

THE SUPER HERO 10.0

Ham, Turkey, Bacon, Onion, Swiss
Cheese, Lettuce, Tomato, Olive Oil

CALI CLUB 9.0

Turkey, Avocado, Swiss Cheese,
Lettuce, Tomato, Mayo, Mustard

PESTO CHICKEN SANDWICH 8.5

Grilled Basil Pesto Chicken Breast,
Tomato, Swiss, Roasted Red Peppers

PESTO TURKEY OR HAM 8.0

Turkey **OR** HAM, Pepper Jack Cheese,
Arugula, In house creamy Basil Pesto.

TRADITIONAL CLUB 8.0

Turkey, Swiss Cheese, Red Onions,
Lettuce, Tomato, Mustard, Mayo

TURKEY AVOCADO BLT 9.0

Turkey, Avocado, Bacon, Lettuce,
Tomato, Mayo

VEGGIE SANDWICH 7.5

Avocado, Tomatoes, Arugula, Red Onions,
Green Peppers, Lettuce, Chipotle Aioli

HOT SANDWICHES

PESTO TOMATO ONION & BRIE TOASTED SANDWICH 7.5

INDIAN SPICY CHICKEN TOASTED 9.0

Spice Rubbed Chicken, Pepper Jack Cheese,
Avocado, Tomato, Red Onions, Cilantro,
Chipotle Aioli

CLASSIC GRILL CHEESE 6.0

Cheddar, Swiss Cheese on Honey Wheat
Bread

SALAD

QUINOA BOWL SALAD (VEGAN) 8.0

Quinoa, Garbanzo beans, Tomato,
Roasted RED Peppers, Onion, Cucumber,
Avocado, Lettuce, Arugula, Tortilla Chips

MEAT OPTIONS: Chicken / Bacon/ Poached
Eggs/ Scrambled eggs +2.0

INDIAN SPICY CHICKEN SALAD 10.0

Spiced Grilled Chicken Breast, Avocado,
Bacon, Tomato, Red Onions, Parmesan, served
on bed of Romaine Lettuce, Chipotle Aioli

GREEN SIDE 4.0

Arugula, Lemon Juice, Olive Oil, Shaved
Parmesan, Salt n Pepper

* All options and/or additions are charged extra including but not limited to Dairy alternatives, dairy, and meat products