BREAKFAST

Made-to-order breakfast favorites featuring real eggs, made from scratch ciabatta bread, premium greek yogurt and fresh fruit.

EGG SANDWICHES
- **Crispy Bacon & Cheddar** | 760 CAL
- **Diced Ham & Cheddar** | 660 CAL
- **Sausage & Cheddar** | 850 CAL
- **Denver** | 670 CAL
  - Cheddar, diced smoked ham, red onion, red and green bell peppers

**Classic Egg** | 540 CAL
**Cheddar** | 620 CAL
**Roasted Veggie** | 640 CAL
- Roasted red onions, squash, bell peppers, peppery corn mix, cheddar, spicy southwestern dressing

**AVOCADO TOAST**
- **Classic Avocado** | 390 CAL
- **Avocado & Egg** | 470 CAL
- **Avocado & Bacon** | 310 CAL

**LIGHT BITES & SIDES**
- **Organic Oatmeal Side** | 140 reg | 260 CAL
  - Available daily until 10 a.m.
- **Fresh Fruit Cup** | 120 CAL
- **Mixed Berry & Granola Yogurt Cup** | 280-300 CAL
  - Greek or Vanilla Yogurt
- **Avocado Side** | 140 CAL
- **Hard Boiled Egg** | 80 CAL
- **Country Ciabatta** | 240 CAL
- **Peanut Butter or Whipped Cream Cheese Side** | 150-260 CAL

BAKED GOODS

Pastries individually prepared by hand daily and cookies crafted from original family recipes.

**SAVORY**
- **Egg Croissants** | 420-510 CAL
  - Bacon, Cheddar, Egg | Veggie, Cheese & Egg
- **Savory Croissants** | 330-400 CAL
  - Ham & Cheddar | Spinach & 3 Cheese | Turkey & Swiss

**Classic Croissant** | 520 CAL
**Quiches** | 300-360 CAL
  - Diced Ham | Roasted Veggie | 3 Cheese

**Muffins** | 480-540 CAL
  - Blueberry Crumble | Carrot Raisin Bran | Oatmeal Banana
  - Pumpkin Walnut | Black Bottom

**Scones** | 460-470 CAL
  - Blueberry Lemon | Raspberry Almond | Cranberry Flowered

**Cinnamon Roll** | 440 CAL
**Pecan Sticky Bun** | 770 CAL

**Morning Buns** | 520-530 CAL
  - Cinnamon Sugar | Chocolate Almond

**Sweet Croissants** | 400-460 CAL
  - Double Chocolate | Blueberry Cream Cheese | Cranberry Cream Cheese

**SIGNATURE COOKIES & DESSERTS**

**Signature Cookies** | 330-470 CAL
  - S’mores | White Chocolate | Black & White | Oatmeal Wheatgerm
  - Dark Chocolate Walnut | Oatmeal Raisin | Snickerdoodle | Peanut Butter
  - Peanut Butter Chocolate Chunk

**Brownies** | 290-360 CAL
  - Double Fudge | Walnut Fudge

**Mini Bundt Cake** | 190 CAL
**Mini Pies** | 260-430 CAL
  - Carmel Pecan | Spiced Pumpkin

**FRESH FRUIT SMOOTHIES**

**Strawberry & Banana** | 170-180 CAL
  - Fresh strawberries and bananas, with your choice of greek or vanilla yogurt, blended with ice

**Strawberry, Blueberry & Banana** | 140-150 CAL
  - Fresh strawberries, blueberries and bananas, with your choice of greek or vanilla yogurt, blended with ice
**SANDWICHES**

Our breads are baked fresh in-house daily and our meats are hand-carved for full flavor and tenderness.

**TURKEY**

- **Turkey Pesto** | 660 CAL
  Roasted turkey breast, mozzarella, cream cheese, basil pesto, fresh spinach, red onion, dill pickle, bell peppers, mayo on toasted ciabatta
- **Turkey & Cranberry** | 710 CAL
  Roasted turkey breast, whole cranberry sauce, green leaf lettuce, sunflower seeds, mayo on sesame sourdough
- **Turkey Avocado Swiss Chairman** | 750 CAL
  Roasted turkey breast, candied walnuts, fuji apple, celery, raisins, white cranberry sauce, green leaf lettuce on whole wheat
- **Tuna Salad & Avocado Good Fortuna** | 690 CAL
  Smoked tuna, fresh spinach, mayo on toasted ciabatta
- **Crunchy Turkey Pesto** | 660 CAL
  Turkey, avocado, brie, bacon, crumbled bleu cheese, grape tomatoes, sunflower seeds, on whole wheat
- **Roasted Turkey Breast, Bacon, Brie, and Fig Croissant** | 630 CAL
  Roasted turkey breast, provolone, fig jam, the basics*,ibel, on toasted ciabatta
- **Roasted Turkey Breast, Soft-Shell Crab, and Mango Croissant** | 580 CAL
  Roasted turkey breast, soft-shell crab, mango, peach, honey, the basics*, on toasted ciabatta

**VEGETARIAN**

- **Caprese** | 840 CAL
  Fresh mozzarella, tomato, fresh basil, spinach, red pepper pesto, extra virgin olive oil on toasted thyme focaccia
- **Mediterranean** | 920 CAL
  Fresh mozzarella, kalamata olives, spinach, tomato, fresh basil, red pepper pesto spread, basil pesto, balsamic vinagrette on toasted thyme focaccia
- **Vegetarian** | 740 CAL
  Turkey, provolone, the basics*, bacon, bell peppers, mushrooms, cucumber, provolone, stone ground mustard, ranch, mayo on herb bread
- **Hot Roasted Veggie** | 420 CAL
  Roasted vegetables, goat cheese, spinach, red pepper pesto, balsamic vinagrette on toasted herb bread
- **Four Cheese** | 820 CAL
  Cheddar, swiss, provolone, the basics*, on toasted ciabatta
- **Edamame & Fig Croissant** | 720 CAL
  Roasted turkey breast, fig jam, the basics*, on toasted ciabatta
- **Roasted Turkey Breast, Smoked Ham, and Swiss Croissant** | 680 CAL
  Roasted turkey breast, smoked ham, provolone, the basics*, on toasted ciabatta
- **Roasted Turkey Breast, Goat Cheese, and Avocado Croissant** | 620 CAL
  Roasted turkey breast, goat cheese, avocado, the basics*, on toasted ciabatta

**CHICKEN**

- **Chicken Pesto** | 720 CAL
  Chicken tossed in pesto, fresh mozzarella, tomato, fresh basil and basil pesto spread on toasted focaccia
- **Chicken Bacon Ranch** | 690 CAL
  Roasted chicken, bacon, red onion, tomato, lettuce, and ranch dressing on toasted ciabatta
- **BBQ Chicken & Bacon** | 900 CAL
  Marinated BBQ chicken, bacon, cheddar, tangy BBQ sauce, spicy cole slaw on toasted ciabatta
- **Napa Waldorf Chicken Salad** | 630 CAL
  Roasted chicken, candied walnuts, fuji apple, celery, crasins, white cranberry sauce, green leaf lettuce on whole wheat
- **Roasted Chicken, Pesto Chicken, BBQ Chicken, Chicken Salad, Bacon, or Tuna Salad**
  Add protein to any salad

**BEEF & BREAD**

- **Ham, Brie & Fig Croissant** | 690 CAL
  Smoked ham, brie, fig spread on sliced butter croissant
- **Beef & Blue** | 630 CAL
  Roast beef, blue cheese, spinach, red onion, on toasted poppy seed bread
- **Beef & Cheddar** | 740 CAL
  Smoked ham, cheddar, cream cheese, the basics*, stone ground mustard, mayo on toasted poppy seed bread
- **Big BLT** | 700 CAL
  Crispy bacon, the basics*, mayo on herb bread
- **Hot Pastrami & Swiss** | 750 CAL
  Pastrami, swiss, the basics*, on toasted sesame sourdough
- **Smoked Ham** | 580 CAL
  Smoked ham, the basics*, stone ground mustard, mayo on potato poppy seed bread

**SOUPS**

- **The Basics**
  Green leaf lettuce, tomato, dill pickle, red onion, black pepper and house-made Italian dressing.

**ADD-ONS**

- **Add bacon or avocado to any sandwich** | 60–90 CAL
- **Add protein to any salad** | 170–280 CAL

**SALADS**

- **Kale Pesto Chicken** | 590 CAL | 820 CAL
  Kale, cabbage & Brussels sprouts mix, chicken tossed in pesto, avocado, parmesan cheese, grape tomatoes, fresh basil, Greek Goddess dressing
- **Tuna Salad & Avocado Good Fortuna** | 620 CAL | 880 CAL
  Tuna salad, avocado, cucumber, red onion, whole wheat sourdough
- **Roasted Chicken, Pesto, BBQ, Chicken, Tuna Salad, or Tuna Salad Side**
  Prepared daily to ensure freshness. Mix & match to make a meal.

- **Kale, Cabbage, & Brussels Sprouts Salad** | 590 CAL | 820 CAL
  Kale, cabbage & Brussels sprouts mix, chicken tossed in pesto, avocado, parmesan cheese, grape tomatoes, fresh basil, Greek Goddess dressing
- **Chicken Caesar** | 590 CAL | 820 CAL
  Roasted chicken, shaved parmesan, house-made croutons, on chopped hearts of romaine. Ranch dressing
- **Chinese Chicken** | 590 CAL | 860 CAL
  Roasted chicken, wonton strips, red bell peppers, red onion, and black sesame seeds, over Asian salad mix (cabbage, cilantro, green onion, carrots). Pan-Asian dressing
- **Spinach, Berry & Goat Cheese** | 410 CAL | 760 CAL
  Fresh strawberries and blueberries, goat cheese, candied walnuts on baby spinach. Raspberry walnut dressing

**LIGHT BITES & SIDES**

- **Add bacon or avocado to any sandwich** | 60–90 CAL
- **Add protein to any salad** | 170–280 CAL

**SOUPS**

- **Favorites**
- **Vegetarian**
- **Served Hot**

**SALADS**

- **Southwestern Avocado** | 390 CAL | 680 CAL
  Southwestern corn mix, cheddar, avocado, 3-bean mix, black olives, tortilla strips, carrots, green onion, grape tomatoes, on chopped hearts of romaine. Spicy southwest dressing
- **Dawn’s Vegan** | 330 CAL | 560 CAL
  Avocado, southwest corn mix, artichoke hearts, carrots, 3-bean salad, edamame, mushrooms, green onion, grape tomatoes, sunflower seeds on spring mix. Fat-free balsamic vinagrette
- **Spicy Thai Peanut** | 390 CAL | 730 CAL
  Honey roasted peanuts, cucumbers, wonton strips, red onion, over Asian salad mix (cabbage, cilantro, green onion, carrots). Spicy Thai peanut dressing
- **Spinach & Bacon** | 590 CAL | 950 CAL
  Baby spinach, bacon, sliced egg, avocado, grape tomatoes, mushrooms, carrot, red onions, croutons. Poppy seed dressing
- **Mixed Greens** | 250 CAL | 420 CAL
  Spring mix, avocado, grape tomatoes, carrot, cucumber, croutons. Balsamic vinagrette
- **Greek Goddess** | 330 CAL | 540 CAL
  Kalamata olives, artichoke hearts, parsley, feta, grape tomatoes, cucumbers, red onion, on chopped hearts of romaine. Greek Goddess dressing
- **Caesar** | 340 CAL | 590 CAL
  Hearts of romaine, shaved parmesan, croutons. Caesar dressing