

Food

PLATES & BOWLS

CHIA PUDDING 6

Vegan chia pudding with fresh fruit and toasted nuts.

PORRIDGE 6

Steamed oat milk, cinnamon, honey, and sticky rice with candied walnuts and fresh fruit.

AVOCADO TOAST 8.5

Avocado smash, glazed beets, roasted zucchini, winter greens, and sundried tomatoes.

LOX TOAST 11

Dill cream cheese, lox, winter greens, sprouts, sesame poppy seed, and olive oil.

VEGGIE GRAIN BOWL 9

Sticky rice, alfalfa sprouts, glazed beets and carrots, topped with sriracha balsamic and toasted walnuts.

BOWL OF SOUP 5.5

Ask about our soup of the day.

GLAZED BEETS AND CARROTS 5

SANDWICHES

Served on local bread.

EGG AND CHEESE

Your choice of provolone or pepper jack cheese.

Half 5.5 / 4.5*

Whole 10 / 8.5*

ADD: Bacon +2 Turkey +3

GRILLED CHEESE

Roasted rainbow zucchini, forest blackberry jam, provolone and pepper jack cheese.

Half 6.5 / 5.5*

Whole 11.5 / 10*

ADD: Bacon +2 Turkey +3

BLATT

Bacon, winter greens, avocado smash, turkey, and sun dried tomatoes.

Half 6.5 / 5.5*

Whole 11.5 / 10*

SANDWICH COMBO

*Sandwich Price w/ Purchase of Soup or Veggies

* WARNING *

Menu items may contain or come into contact with wheat, eggs, peanuts, tree nuts, milk, and gluten. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.