

Local Baked Goods!!  
Vegan & GF Options

# MENU

Breakfast & Lunch  
served 'til 3pm!

## BREAKFAST

### BAGEL WITH CREAM CHEESE OR HUMMUS / \$4

### AÇAÍ SUPERFOOD SMOOTHIE BOWL / \$12

Açaí blended with strawberries, banana, almond milk, hemp & chia seeds topped with goji berries, pumpkin seed & flax granola, coconut flakes & fresh blueberries.

### ANASAZI VEGAN BURRITO / \$7

Anasazi beans, green chiles, butternut squash & chipotle seitan.

+ Burritos are pre-made // No substitutions +

### SECRET GARDEN / \$7

Hummus, cucumber, sprouts, organic greens, tomatoes & our house-made balsamic dressing on a pumpernickel rye bagel.

### BUDDHA BOWL / \$7

Chai tea infused oatmeal with dried fruits, caramelized walnuts, cinnamon & honey.

+ Add chia seeds .75 // Add hemp seeds .75 // Add goji berries \$1 +

### BREAKFAST BURRITO / \$7

Egg, potato, green chile & cheese with choice of sausage, bacon or vegetarian.

+ Burritos are pre-made // No substitutions +

### BREAKFAST BAGEL SANDWICH / \$6

Eggs, cheddar cheese & choice of bacon, sausage, or veggie sausage.

### THE USUAL / \$7

Bagel with cream cheese, avocado & fresh cracked pepper. Served open-face.

+ GF bread on request // Served with hummus for a vegan option! +

## LUNCH

### ORGANIC VEGAN CHILI / \$7.5

Hearty & mildly spiced house-made chili served with warm corn tortillas.

+ Add Avocado \$1 +

### SCOUT'S WRAP / \$9.5

Oven-roasted turkey, white sharp cheddar, spring mix greens, tomatoes, sprouts, cucumbers, carrots & lemon-tahini dressing wrapped in a tomato-basil tortilla.

+ Add avocado or bacon \$1 // GF bread on request // Add a cup of Vegan Chili for \$4 +

### VEGGIE SANDWICH / \$8.5

Hummus, sharp white cheddar, cucumbers, sprouts, carrots, spring mix greens, tomatoes & lemon-tahini dressing on whole grain bread.

+ Add avocado or bacon \$1 // GF bread on request // Add a cup of Vegan Chili for \$4 +

### CHICKEN LITTLE SANDWICH / \$8

Beth's chicken salad, spring mix greens & tomatoes on whole grain bread.

+ Add avocado or bacon \$1 // GF bread on request // Add a cup of Vegan Chili for \$4 +

### THE SHAKESPEAREAN SALAD / \$12

Bed of spring mix greens, avocado, cucumbers, tomatoes, shredded carrots, sprouts, caramelized walnuts, crumbled feta & our house-made creamy balsamic dressing

+ Add turkey \$2 // Add chicken salad \$3 // Add a cup of Vegan Chili \$4 +

+We feature local Wasatch Bagels & Noshman's NYC+