

»»» → **BREAKFAST** ← «««

Served from
7am - 3pm!

BAGEL WITH CREAM CHEESE OR HUMMUS \$3.50

MORNING SUNDAE \$5.5

Yogurt, granola, seasonal fresh & dried fruits topped with blackberry-ginger balsamic!

BUDDHA BOWL \$5.99

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

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

BREAKFAST BAGEL SANDWICH \$5.99

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

BREAKFAST BURRITOS \$6.99

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

VEGAN SECRET GARDEN \$6.99

Bagel with hummus, cucumber, sprouts, organic greens, tomatoes & our house-made balsamic dressing

✓ THE USUAL \$6.5

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

GREEN EGGS & HAM \$7.99

Bagel with black forest ham, eggs, organic greens, tomatoes, sharp white cheddar & dijon mustard toasted to melty perfection on a Noshman's pumpernickel rye bagel!

✓ THE SPROUT \$6.5

Bagel with melted sharp white cheddar, sprouts & tomatoes. Served open-face.

+ Vegan option: Substitute hummus for cheese

»»» → **LUNCH** ← «««

Served from
11am - 3pm!

✓ VEGGIE SANDWICH \$8.5

Hummus, sharp white cheddar, cucumbers, sprouts, carrots, spring mix greens, tomato & goddess dressing on whole grain bread.

+ Add avocado or bacon \$1 // GF bread or vegan on request

SCOUT'S WRAP \$9.25

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

+ Add avocado or bacon \$1 // GF bread on request

CHICKEN LITTLE SANDWICH \$7.99

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

+ Add avocado or bacon \$1 // GF bread on request

✓ ORGANIC VEGGIE CHILI \$6.99

Topped with cheese. Served with house-made bagel chips or Gluten-free bread

+ Add avocado \$1 // Vegan, gluten-free & dairy-free on request!

✓ THE SHAKESPEAREAN SALAD \$12

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

+ Add turkey or ham \$2 / Add chicken salad \$3