



Breakfast

Served until 11am weekdays

Micro-Greens Omelet 12
organic tomatoes / feta / serrano peppers / micro greens

Truffled Eggs Sandwich 12
gruyere / truffle oil / avocado / wild mushrooms

Breakfast Sandwich Ciabatta 12
scrambled eggs / fontina & cheddar / pesto / bacon

Spinach Scramble 12
sautéed spinach / gruyere cheese / whole grain toast

Egg Hash 14
choice of: ham, bacon or turkey
choose your egg style
potatoes / onions / red & serrano peppers / eggs / gruyere

Scrambled Eggs 11
choice of : applewood bacon or avocado / whole grain toast

Breakfast Burrito 12
scrambled eggs / bacon / tomatillo-avocado salsa / potatoes / cheddar

Avocado Toast 12
cucumbers / avocado / pine nuts / daikon sprouts / radish / serrano peppers / olive oil & lemon juice / whole grain
add one egg \$2; add two eggs \$4

Spanish Sardine Toast 12
herbed tomato concasse / shaved fennel / serrano peppers / baguette

Soppressata Omelet 12
soppressata / basil / mozzarella / organic tomato

Make Your Own Salad starts at 8

Choose Greens:
romaine / wild baby arugula / mixed field greens

Choose a Dressing:
balsamic / truffle / champagne & goat cheese / herb vinaigrette / sweetsalt / orange walnut

Choose your Toppings: .50 ea.
artichokes / roasted carrots / bacon / roasted beets / blue cheese / cucumbers / dried cherries / grapes / grilled corn / tomatoes / red onions / roasted peppers / alfalfa sprouts / sun dried tomatoes / fennel / kalamata olives
1.00 ea.: fresh mozzarella / goat / feta
2.00: maitake mushrooms / 2.50: avocado / 3.00: burrata

Protein: chicken 4 / turkey 3 / salmon 7 / duck 5

Salads

Add: salmon 7 ; chicken 4 ; steak 5 ; duck 5 ; prosciutto 4

Burrata, Tomato & Bacon 14
bacon with shallots / burrata cheese / heirloom tomatoes arugula / cherry reduction

Chicken Almond Salad 14
pulled chicken / celery / onion / mint / almonds / lemon zest / tomatoes almond dressing / romaine

Spicy Quinoa 12
white quinoa / tomatoes / cucumber / olives / feta cheese serrano peppers / parsley / arugula / sweetsalt dressing
add salmon: 7

Kale & Wild Rice 12
raw kale / wild rice & wheat grains / carrots / cabbage / romaine parmesan / dried cranberries / pine nuts / sweetsalt dressing

Champagne Chicken Salad 14
chopped chicken / grapes / celery / cucumber / shallots champagne & goat cheese dressing / romaine shoots

Chicken & Bacon Lettuce Cups 12
grilled chicken / applewood bacon / corn / avocado / alfalfa sprouts cheddar / sweetsalt dressing / baby iceberg

Curry Cauliflower 12
curried roasted cauliflower / golden raisins / haricot vert endive / mixed greens / sweetsalt dressing
add salmon: 7

Salmon & Haricot Vert 14
haricot vert / endive / fennel / almonds / grapefruit segments pulled baked salmon / romaine / orange walnut vinaigrette

Fig & Bleu 13
dried fig / candied walnuts / fennel / bleu cheese / romaine / kale & cabbage / fig vinaigrette

Kale Caesar 11
kale & cabbage / romaine / parmesan cheese / croutons / caesar dressing
add chicken \$4

Sides

Brussels sprouts	5	Avocado	4
Side of Salmon	8	Plain quinoa	5
Organic Berries			6
Greek Salad			8

Daily Soups

Small soup 5 Large soup (available to-go only) 8

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Sandwiches, Etc.

served with a side of mixed greens with sweetsalt dressing

Brussels Sprouts & Kale Tacos	12
brussels sprouts leaves / artichokes / chipotle-lime white bean / tomatillo avocado salsa / kale & cabbage slaw add chicken \$4 add pulled salmon \$6	
Salmon & Sauteed Wild Rice Entree	16
salmon / wild rice & wheat grains / carrots / dried cranberries / pine nuts	
Soppressata & Artichoke Pesto	14
mozzarella / artichoke pesto / arugula / ciabatta	
Truffle Chicken	13
grilled chicken / gruyere cheese / wild mushroom / truffle aioli / fresh herbs / tomato / ciabatta	
Ham & Gouda	13
blackforest ham / gouda cheese / romaine / mustard / sourdough	
Buffalo Chicken Wrap	12
grilled chicken / hot wing sauce / blue cheese / crumbled chips / arugula / onion & celery mirepoix / flour tortilla	
Steak & Brie	14
grass-fed steak / chimichurri / brie cheese / roasted garlic puree / arugula / braised onion / ciabatta	
Shrimp Po' Boy	14
cajun seasoned shrimp / chimichurri / crumbled chips / cayenne aioli / lettuce / tomato / ciabatta	
Turkey, Bacon, Avocado	14
sliced turkey / applewood bacon / avocado / wild arugula / whole grain mustard / sharp cheddar / ciabatta	
Chicken & Goat	14
grilled chicken / cucumber / goat cheese / shaved red onions / cayenne aioli / brioche	
Lavender Duck Confit	14
pulled duck confit / braised onions / goat cheese / lavender oil / honey / alfalfa sprouts / ciabatta	
Caprese	12
fresh mozzarella / tomato / basil / olive oil & balsamic reduction / ciabatta add soppressata 4 or prosciutto 4	
Pesto Chicken Panini	13
grilled chicken / fresh mozzarella / artichoke pesto / wild arugula / ciabatta	
Spicy Asian Chicken Wrap	12
grilled chicken / cabbage / shaved carrots / red pepper / mint / onion / serrano pepper / asian dressing	
Grilled Cheese	10
gruyere / gouda / white cheddar / sourdough bread add: tomato \$1 bacon \$3 turkey \$3 maitake mushrooms \$2	

Tossed Sautéed Quinoa starts at 8

Toppings:

Proteins: chicken 4 / duck 5 / steak 5 / salmon 7 / 1.00 each: pine nuts / 2.00 each: maitake mushrooms
.50 each: dried cranberries / artichokes / sun-dried tomatoes / roasted pepper / grilled corn /
braised onions / brussels sprouts / tomatoes / wild arugula / fennel / beets