

GRILL BREAKFAST TILL 10:00 AM

Breakfast Bowls

Biscuits and Gravy Bowl \$5.00

Includes biscuits, scrambled eggs, shredded cheese, pork sausage gravy, and your choice of bacon, pork sausage, or vegetarian sausage.

Breakfast Bowl \$5.80

Includes breakfast potatoes, scrambled eggs, shredded cheese, pork sausage gravy, and your choice of bacon, pork sausage, or veggie sausage

Omelets Till 9:45 AM

Cheese Omelet \$4.15

Includes your choice of cheddar or pepper jack cheese. And your choice of pico de gallo, or red pepper rouille

Vegetarian Omelet \$5.35

Includes cheese, mushrooms, onions, and bell peppers,

Meat Omelet \$5.55

Includes cheese and your choice of bacon or pork sausage

“Everything” Omelet \$5.70

Includes cheese, your choice of bacon, pork or veggie sausage, mushrooms, onions, and bell peppers.

Omelet Add Ons

Double meat +\$1.50

Double Veggie Trio +\$1.25

Extra Cheese +\$0.75

Extra Topping +\$0.50

GRILL LUNCH

Grilled Cheese	\$3.85
-----------------------	---------------

Beef Hot Dog	\$4.35
---------------------	---------------

Grilled Ham and Cheese	\$5.00
-------------------------------	---------------

Hamburger with Grass Feed Beef	\$4.65
---------------------------------------	---------------

Cheeseburger with Grass Feed Beef	\$5.10
--	---------------

Charbroiled Chicken Sandwich	\$5.40
-------------------------------------	---------------

Turkey Burger with Avocado Mouse and Pepper jack	\$5.50
---	---------------

Garden Burger	\$5.10
----------------------	---------------

French Fries	\$3.50
---------------------	---------------

Your choice of regular cut, curly or sweet potato

PIZZA STATION

Four Cheese Pizza (vegetarian)

\$4.00

Our staple three-cheese blend over house-made tomato sauce

Pepperoni

\$4.75

The classic, topped with house-made tomato sauce, three-cheese blend, and pepperoni.

Sausage, Mushroom, and Olive

\$4.75

Our staple three-cheese blend over house-made tomato sauce, Topped with Italian pork sausage, mushrooms, and black olives.

Pesto Chicken

\$4.75

Chicken, mushrooms, and a three-cheese blend with pesto drizzle. Sauced with creamy alfredo.

BREAKFAST SPECIAL TILL 10 AM

Pancake Special

\$5.20

Includes two pancakes, 1 scoop scrambled eggs, choice of two bacon or two sausage links or one vegetarian sausage

A la carte

Jamine rice

\$1.95

Pancake

\$1.45

Scrambled Eggs

\$1.70

Hard Boiled Eggs

\$0.85

Bacon

\$0.95

Pork Sausage Link

\$0.95

Veggie Sausage Patty

\$1.25

Hot Cereal

10 Grain Cereal

\$1.65

Cream Of Wheat

\$1.65

Breakfast Sandwiches

Meat Breakfast Sandwich

\$3.75

Egg and Cheese Sandwich

\$3.50

Breakfast Quesadilla

\$3.95

Daily Soups

Sunday - Beef Chili **\$3.30**

Beef chili with pinto beans, onions, tomato, cumin, garlic, salt and pepper.

Monday - Red Lentil (Vegan) (Vegetarian) **\$3.30**

Red lentils simmered with spices, fresh lemon, ginger root, garlic, peppers, and cilantro.

Tuesday - Chicken Gumbo **\$3.30**

Cajun style gumbo with chicken, sausages, celery, green bell pepper, okra, tomatoes, and rice in a seasoned broth.

Wednesday - Maple Butternut Squash **\$3.30**

Rich and creamy butternut squash soup with maple syrup, diced onions, and potatoes. (Vegetarian)

Thursday - Caldo De Pollo **\$3.30**

Tender chicken with potatoes, corn, beans, onions and salsa in a flavorful chicken broth

Friday - Clam Chowder **\$3.30**

Clam, red potatoes, and celery.

Saturday - Minestrone **\$3.30**

Pasta noodles, spinach, cabbage, zucchini, kidney beans, carrot, celery, tomatoes, and spices.

WEDNESDAY LUNCH MENU

Grilled Chicken Nourish Salad

Protein only **\$6.25** Combo **\$9.50**

Nourish Salad

Combo **\$8.50**

Combo Includes

Your choice of lettuce, one starch, two veggies and your choice of dressing.

Lettuce select one with combo

Arcadian Mix
Romaine

Starches

Quinoa (GS)(Vegan)	\$2.75
Marinated Beans (GS)(Vegan)	\$2.75

Select 2 vegetables with Combo

Sliced Cucumbers (vegan)
Diced Tomatoes (vegan)

Dressings

Ranch Dressing
Avocado Chimichurri
Italian Dressing

WEDNESDAY WOK LUNCH MENU

Korean Fried Chicken

a la carte **\$6.75**

Combo **\$8.50**

Crispy fried chicken coated in a sweet and spicy glazing sauce Served with jasmine rice, kimchi and pickled cucumber salad.

Tofu Coconut Adobo (vegetarian) a la carte **\$5.00** Combo **\$8.50**

Tofu in a savory coconut sauce served with Jasmine rice, kimchi and pickled cucumber.

Complements

Jasmine Rice (Vegan)

\$1.95

AVOCADO TOAST TILL 10 AM

Original

\$4.95

Sourdough bread with fresh avocado
and everything bagel seasoning

Add 2 fried eggs **\$6.65**

Caprese

\$6.20

Mozzarella, cherry tomatoes and balsamic glaze
over sourdough bread with fresh avocado
and everything bagel seasoning.

Add 2 fried eggs **\$7.90**

Bacon and Egg

\$6.20

Crumbled bacon and 2 fried eggs over sourdough bread
With fresh avocado and everything bagel seasoning.

PASTRIES

Featuring local pastries, made fresh daily from Bella Bru.

Cream cheese & butter

It can be found at the beverage refrigerator closest to the rotisserie.

Cookies \$2.75

Chocolate chips, oatmeal and gingersnap.

Kouign-amann \$4.25

Sliced Almond Poppy Seed Loaf \$3.95

Blueberry Lemon Coffee Cake \$3.25

Cinnamon Roll \$3.50

Cupcakes \$3.50

Muffin \$3.75

Chocolate, blueberry, and poppy seed.

Bagel \$2.50

Plain, everything, cranberry, jalapeno, pizza

Includes 1 cream cheese, or butter Or Jelly.

Specialty croissant \$3.50/\$4.25

Classic butter croissant or specialty croissant

With chocolate or almond.