



BREAKFAST

M-F UNTIL 10:30 AM, WEEKENDS UNTIL 2 PM.

BREAKFAST EGG SANDWICHES

make it vegetarian by removing the protein

Spicy Chipotle sausage, all-natural feta, sundried tomatoes, spinach & chipotle sauce on a grilled brioche roll 8.99

Roasted Veggie* cracked eggs, swiss, roasted red bell peppers, mushrooms, scallions & pesto on a grilled brioche roll 8.99

Taylor Ham & Swiss on a grilled ciabatta roll 8.99

BREAKFAST BAGEL SANDWICHES

Bacon, Egg & Cheddar* over easy eggs, bacon, cheddar, herb mayo & sriracha on a toasted plain bagel 9.29



Everything Smoked Salmon smoked salmon, garlic-scallion cream cheese, capers, tomatoes, red onions & arugula on an everything bagel 12.49



BREAKFAST BURRITO

Sunrise Burrito scrambled eggs, sausage, cheddar, roasted red bell peppers, caramelized onions, scallions & jalapeño cheddar smash browns in a flour tortilla served with spicy salsa verde 10.99

Substitute Bacon - Just Ask!

SANDWICHES ARE SERVED WITH MIXED CHIPS.

CLASSICS

BLT Plus cheddar, avocado & herb mayo on sourdough 12.49

Italiano calabrese salami, all-natural turkey, aged gouda, tomatoes, romaine, red onions, pepper relish, northern italian vinaigrette & herb mayo on a grilled ciabatta roll 13.99

Triple Club all-natural turkey, ham, bacon, swiss, tomatoes, organic arugula, green and red cabbage, organic carrots, jicama, celery & cilantro aioli on three slices of toasted nine grain 14.29

Ham & Swiss red onions, tomatoes, pickles, lettuce & honey mustard on marble rye 10.99

Chicken Salad red peppers, jicama, celery, scallions, garlic & mayo with tomatoes, cucumbers, lettuce & pea shoots on nine grain 11.99

GRILLED & HOT

Chipotle Chicken Melt swiss, poblano peppers, caramelized onions, pepper relish, organic arugula, tomatoes, avocado & chipotle sauce on sourdough 13.99



Wildflower Grilled Cheese swiss, brie, cheddar, organic arugula & tomatoes on nine grain 10.79

FRESHLY CRACKED

served with home fries & artisan toast

Three Cheese Tomato & Mushroom Frittata swiss, all-natural feta, goat cheese, spinach & scallions 11.99

Egg Breakfast* two eggs any style 9.99

SIGNATURE PANCAKES

with butter & maple syrup

Banana Walnut 10.99 GLUTEN FREE

Lemon Ricotta with berry compote 10.99

Traditional 9.99

BREAKFAST BOWLS

served with artisan toast

Baja Bowl* sunny eggs over roasted potatoes, poblano peppers, roasted red bell peppers, caramelized onions, cilantro, sour cream, scallions & spicy salsa verde 12.29

Protein Bowl* sunny eggs over sautéed organic quinoa, sausage, slow-roasted tomatoes, spinach & scallions 12.49

 We strive to serve local, natural, organic ingredients while creating great-tasting, affordable food that is good from the inside out.

LIGHT BREAKFAST

Organic Steel Cut Oatmeal fresh fruit & dried cranberries with a side of honey cream & brown sugar 7.29

Berries & Yogurt honey greek yogurt served with a mixed berry blend & wildflower granola 6.99

Avocado Toast & Eggs* avocado with crushed red pepper, kosher salt & olive oil served with two over-easy eggs 10.99

Bagel plain, sesame, everything & cinnamon raisin 1.99



Add a Spread: whipped cream cheese, garlic-scallion cream cheese & zesty red pepper cream cheese 1.99
peanut butter 1.69
whipped butter

SIDES

Bacon (3 pieces)	4.99
Sausage (2 pieces)	3.99
Taylor Ham (2 pieces)	3.99
All-Natural Turkey Sausage (2 pieces)	3.99
Home Fries	3.29
Jalapeño Cheddar Smash Browns	3.99

Egg whites available at no extra charge.

*These items may contain undercooked eggs or meat. Consuming raw or undercooked eggs may result in an increased risk of foodborne illness.

Select two 13.49

HALF SANDWICH

Almond Tuna
BLT Plus
Buffalo Chicken
Chicken Salad
Country Turkey & Avocado
Ham & Swiss
Steak & Blue*
Veggie Stack

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SALAD

Asian
Chopped
Citrus Beet
Garden
Kale-Romaine Caesar
Southwest Superfood
Strawberry Spinach

BOWL OF SOUP

choice of today's soup selections
with bread boule +1.99

Buffalo Chicken blue cheese, wildflower crisps & buffalo slaw on a grilled ciabatta roll 13.29

Reuben corned beef, caramelized onion sauerkraut, swiss & thousand island on marble rye 13.69

Allergy notice: food prepared in our kitchens may contain or come in contact with milk, wheat, eggs, peanuts, tree nuts and soy.

Our kitchens are not gluten-free.

SALADS

ALL SALADS ARE SERVED WITH
FRESH-BAKED ARTISAN BREAD.

SALADS

Citrus Beet organic field greens, roasted baby beets, orange segments, cucumbers, red onions, goat cheese, toasted walnuts & citrus hot-honey with cilantro lime vinaigrette 10.49

Asian organic field greens, cabbage, cucumbers, organic carrots, jicama, celery, scallions, sesame seeds & crispy noodles with thai peanut dressing* 9.99

Chopped organic arugula, cranberries, organic dried sweet corn, red peppers, sunflower seeds, all-natural feta & couscous with pesto vinaigrette 10.49

Strawberry Spinach blue cheese, bacon, organic dried sweet corn, basil & toasted walnuts with chipotle poppyseed dressing 9.99



DINNER

SERVED FROM 3 PM UNTIL CLOSE. ALL PASTA ENTRÉES
ARE SERVED WITH GRILLED GARLIC BREAD.

PASTAS

Lasagna Bolognese fresh pasta layered with a beef & pork ragu, mozzarella, ricotta & marinara topped with parmesan & parsley 15.99



Linguine & Meatballs with marinara, fresh basil & parmesan 13.99



Pesto Chicken linguine, all-natural feta, roasted red peppers, spinach, parsley & parmesan 14.29

Salmon Alfredo wild alaskan salmon over linguine, sundried tomatoes, capers, parsley & parmesan 14.99

Rosemary Chicken penne, rosemary cream sauce, lemon, sundried tomatoes, petite peas, parsley & parmesan 14.29

Mac & Cheese cavatappi, three cheese sauce, mama lil's peppers & bread crumbs 11.99

Three Cheese Ravioli marinara, parsley & parmesan 12.79

Your Choice of Pasta your choice of marinara, pesto or creamy alfredo, parsley & parmesan 11.49

KIDS

BREAKFAST

Pancakes

banana walnut
plain • chocolate chip

Egg & Cheese Sandwich

ARTISAN SALADS OR SANDWICHES

1. Select a Salad or a Half Sandwich

Salads: Asian • Chopped • Citrus Beet • Garden
Kale-Romaine Caesar • Southwest Superfood
Strawberry Spinach

Sandwiches: Almond Tuna • BLT Plus
Buffalo Chicken • Chicken Salad
Country Turkey & Avocado • Ham & Swiss
Steak & Blue* • Veggie Stack

2. Choose a Protein

All-Natural
Chicken 4.69

All-Natural
Rare Steak* 5.79

Wild Alaskan Salmon
Fillet 5.79 | Chopped 4.69

Organic
Quinoa 3.99

Organic
Plant-Based Chicken 5.29

ANY TIME

PB&J or Grilled Cheddar

Two Hearty Meatballs

Mac & Cheese

Kids Pick Full Sandwich

turkey or ham

swiss or cheddar cheese

sourdough or nine grain

finish with herb mayo, grain mustard,
lettuce, tomatoes, dill pickles or ketchup

DINNER

Kids Pick Pasta

your choice of pasta
butter, marinara, pesto or creamy alfredo

Three Cheese Ravioli with marinara

ADD A PROTEIN

All-Natural Chicken 4.69

All-Natural Rare Steak* 5.79

Wild Alaskan Salmon

Fillet 5.79

Chopped 4.69

Organic Plant-Based Chicken 5.29

Organic Quinoa 3.99

TRY ALL-NATURAL SALAD DRESSINGS

Dressings: chipotle poppyseed, caesar, ranch, thai peanut*

Vinaigrettes: balsamic, cilantro lime, northern italian, pesto

GF Our salad dressings are gluten-free unless noted with an asterisk

STARTERS & SIDES

QUICK BITES SERVED ALL DAY.

SIDES

served warm

Elote charred corn, spicy aioli, scallions, cilantro, parmesan & tajin 5.29

Chili Lime Brussels Sprouts
with cilantro & toasted sesame seeds 5.29

Mac & Cheese cavatappi, three cheese sauce, mama lil's peppers & bread crumbs 5.49



Two Hearty Meatballs 5.99

served chilled

Side Caesar Salad 3.79

Side Field Greens Salad 3.79

SIGNATURE TOASTS

Avocado with crushed red pepper, kosher salt & olive oil 6.49

Fig & Ricotta with honey & pistachios 6.49

Meatballs & Ricotta with garlic bread, marinara & crushed red pepper 8.39

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*Served with fresh-baked artisan bread.
Varieties rotate daily.*

Bread Boule

sourdough boule with your choice of today's soup & whipped butter 9.69

Cup 6.99 **Bowl** 8.29 **Quart** 18.49

V Vegetarian **VG** Vegan

DF Dairy-Free **GF** Gluten-Free

Gluten-free: served without bread on request