BREAKFAST

SERVED UNTIL NOON WEEKDAYS & 1PM SAT-SUN

Breakfast Sandwiches

GLUTEN FREE bread available 75¢ per sandwich

Ham Croissant ~ *Warmed in the oven with cheddar cheese, Canadian blackforest ham and egg.* 7.50

Veggie Croissant ~ *Oven warmed croissant with cheddar, egg, organic spinach and tomato.* 6.50 *(add $1 for avocado)*

Turkey Croissant ~ *Toasty croissant with Applegate Farms roasted turkey, cheddar and egg.* 7.50

Bacon Cheddar ~ *Hot ciabatta sandwich with strips of crisp pepper bacon, cheddar, spinach, roma tomato & egg.* 7.50

Garden ~ *Organic spinach, pesto, fried egg, cucumber, tomato and pepperjack. Grilled on artisan multigrain.* 6.50

Turkey deLux ~ *Applegate Farms roasted turkey breast, bacon, egg, spinach, swiss & garlic aioli. Grilled on multigrain.* 7.95

Blackforest ~ *Canadian blackforest ham, egg & cheddar with garlic aioli. Served hot on a ciabatta roll.* 6.95

Housemade Granola (GF & vegan)

Dried cranberry and apricot, GF oats, sesame seeds, almond, cocount, nutmeg, sunflower and pumpkin seeds. Served with cold or warmed milk or non-dairy (almond/soy/rice). Topped with banana. 5.95

Yogurt & Fresh Fruit Options:

Granola topped with Greek Yogurt & seasonal fresh fruit. 7.95

Fresh Fruit & Greek Yogurt Bowl. 5.95

Quiche Du Jour

Housemade Quiche - Hot & Savory

Quiche & Fruit ~ *Slice served hot with seasonal fruit.* 8.95

Quiche & Salad ~ *Quiche served with a side House or Caesar Salad.* 8.95

Backpacker's Breakfast ~ *Our quiche served with fresh O.J. and your choice of muffin, scone, or plain croissant.* 10.95

Crepes

Only Available SAT & SUN Until 1pm

Strawberry ~ *Strawberries, mascarpone and berry coulis.* 7.50

Nutella ~ *With banana, toasted almonds & whipped cream.* 7.50

Omelettes & Scrambles

Substitute a cup of fresh fruit for toast - add $2.25

Omelette or Scramble ~ *Three NW cage-free eggs served with toast (GF add .50). Pick any THREE fillings from the list below for your classic French-style omelette or scramble.* 8.95

Cheese & Egg ~ *Three egg omelette or scramble served w/ toast (GF add .50) and choice of any cheese(s) below.* 6.95

CHOOSE UP TO 3 FILLINGS ($1 for each extra filling - Max of 5):

VEGGIES: Spinach/Mushroom/R. Onion/Tomato/Red Potato Kalamata Olives/Bell Pepper/Caramelized Onion/Avocado

CHEESE: Swiss/Cheddar/Provolone/Pepperjack/Feta/Gorg.

MEAT: Bacon/Blackforest Ham/Turkey/Apple Chicken Sausage

Farmer's Breakfast Scramble

Please limit customization to one change from list below

Scrambled cage-free eggs w/ seasoned red potato, tomato, avocado, caramelized onion, crispy pepper bacon and pepperjack cheese. Served with organic salsa. 8.95 *(add 1.00 for slice of toast)*

Belgian Waffles

Substitute real maple syrup - add $1

Traditional Waffle ~ *Served with butter and syrup.* 6.50

Strawberry Waffle ~ *Topped with whipped cream.* 8.50

Timber Waffle ~ *Topped with bacon & two fried eggs.* 9.95

Pear-Hazelnut Waffle ~ *Topped w/ whipped cream.* 8.50

SIDE ORDERS & SUBSTITUTIONS

Side of Toast ~ *2 slices w/ butter & jam.* 2.25 GF add 75¢

Breakfast Sandwich Add-ons:
50¢ for each veggie or cheese and $2 for bacon, ham or turkey

Side of Fresh Fruit ~ *Seasonal sliced fruit cup.* 4.50

Scrambled Eggs ~ *A pair of eggs served scrambled.* 2.95

Red Potatoes ~ 2.95

Side of Bacon ~ *Three strips of crispy pepper bacon.* 3.95

Sub Egg Whites for Omelette or Scramble ~ *Add* 2.00

WE USE NW CAGE-FREE EGGS

LUNCH

SERVED ALL-DAY UNTIL 15 MIN. BEFORE CLOSE

Sandwiches

Each sandwich is served a la carte and made to order to ensure freshness. Sides from below can be added for an additional charge.

$1 Sea-Salt Kettle Chips	$2 Side Salad or Side Caesar	$3 Small Cup of Soup

Barcelona ~ *All-natural chicken breast, fresh pesto, provolone cheese, avocado & roma tomato. Served HOT on artisan wheat.*
Half 5.50 Whole 7.95

Athenian *(VEGAN)* ~ *Homemade hummus, cucumber, r. onion, organic spinach & roma tomato. Served HOT on artisan wheat.*
Half 5.50 Whole 7.25 *(Add Draper Valley Chicken for $2)*

Manchester ~ *Roast beef, caramelized onion, aged cheddar, and a creamy horseradish spread. Served HOT on artisan wheat.*
Half 5.50 Whole 7.75

Bastille ~ *Applegate Farms turkey w/ gorgonzola, fresh basil, tomato, red onion & garlic aioli. Served HOT on ciabatta.* 8.50

Napoli *(veggie)* ~ *Fresh sliced mozzarella, pesto, roma tomato and kalamata olives. Served HOT on ciabatta.* 7.50

Miami Melt ~ *Albacore tuna salad w/ celery, red onion, mayo, roma tomato and cheddar. Served HOT on ciabatta.* 7.75

Edinburgh ~ *Blackforest ham, Swiss, baby spinach, tomato & dijon. Served HOT on artisan wheat.* Half 5.50 Whole 7.75

Grilled Cheese ~ *Melted cheddar & provolone on artisan wheat.*
Half 3.95 Whole 5.95 *(Add Ham for $2 or Add Tomato for .50)*

Cold Sandwiches

Lucerne ~ *Applegate Farms turkey breast, lettuce leaf, tomato, Swiss, mayo and ripe avocado. Served on artisan wheat.*
Half 5.50 Whole 7.95

Parisian ~ *Blackforest ham, Swiss cheese, roma tomato, dijon mustard & butter. Served on baguette.* Half 5.50 Whole 7.50

Big Ben ~ *Lean roast beef with pepperjack, cucumber, tomato, lettuce & our horseradish cream cheese spread. Served on artisan wheat.* Half 5.50 Whole 7.95

Baguette Sandwich *(veggie)* ~ *Fresh mozzarella, tomato, basil, & olive oil with a hint of salt & pepper.* Half 5.50 Whole 7.25

PB&J ~ *Creamy Adam's peanut butter with strawberry jam on fresh artisan wheat.* Half 3.95 Whole 5.50

Soup Of The Day

Housemade recipes served w/ bread & butter (GF bread .50¢)

Cup 3.95 **Bowl** 5.95

Soup & Salad ~ *Cup of soup served with your choice of fresh House or Caesar Salad.* 8.95

Soup and Half Sandwich ~ *Small serving of soup with your choice of any half sandwich.* 8.50 *(With 1/2 Grilled Cheese* 6.95)

Fresh Salads

All-Natural Draper Valley Chicken Breast - add $3.50.

House ~ *Romaine lettuce, roma tomato, cucumber, red onion, radish and homemade croutons with balsamic vinaigrette.* 6.95

Caesar ~ *Romaine, seasoned croutons, caesar dressing, lemon wedges & parmesan cheese.* 6.50 (Dressing tossed on request)

Caprese Salad ~ *Fresh mozzarella, tomato, basil and kalamata olives on a bed of arugula with olive oil and sliced baguette.* 8.95

Pear Bacon ~ *Organic spinach w/ toasted almonds, sliced pear, dried cranberries, bacon, gorgonzola & herb vinaigrette.* 9.95

Greek Salad ~ *Romaine, organic spinach, cucumber, tomato, crumbled feta, red onion, kalamata olives & Greek dressing.* 8.95

Cobb Salad ~ *Romaine, tomato, avocado, chicken, pepper bacon, red onion, boiled egg & gorgonzola w/ balsamic vinaigrette.* 10.95

Tuna Salad ~ *Albacore tuna salad (celery, red onion & mayo) with arugula, tomato & cucumber with lemon vinaigrette.* 8.95

Apple Chicken ~ *All-natural chicken, organic apple, romaine, roasted hazelnuts, gorgonzola and lemon garlic vinaigrette.* 9.95

SUBSTITUTIONS & UPGRADES

GLUTEN FREE BREAD - *Add .75¢ per sandwich (wholes only)*

Sandwich Add-ons & Upgrades: *Add $1 for avocado (spread)*
Add 50¢ for each veggie or cheese and $2 for adding any meat

PLEASE NOTE: WHILE WE STRIVE TO REDUCE CROSS CONTAMINATION OF GLUTEN, THERE IS A POSSIBLITY OF CONTACT WITH MINIMAL AMOUNTS OF GLUTEN.

Consumption of raw or undercooked eggs can result in food-bourne illness.