

BREAKFAST (SERVED ALL DAY)

Pastry <i>Selection changes weekly</i>	\$4
A Toasted Bagel <i>A toasted bagel topped with your choice of butter, cream cheese, or jelly.</i>	\$4
Thick Fluffy Waffles <i>Two thick fluffy waffles smothered in syrup and topped with butter.</i>	\$5
Parfait <i>Your choice of blueberries or strawberries paired with greek yogurt and granola.</i>	\$6
Breakfast Sandwich <i>Your choice of sausage, bacon or ham with egg and sharp cheddar cheese with a dash of mayo prepared on a croissant or bagel..</i>	\$7
Avocado Toast <i>Creamy avocado spread on toast topped with mozzarella and a dash of sea salt, pepper and lemon.</i>	\$9
The Ultimate Breakfast Croissantwich <i>Sausage, bacon, and ham combined with sharp cheddar and muenster cheese, egg, a dash of mayo, all prepared and pressed in a double croissant.</i>	\$11

PANINIS (SERVED ALL DAY)

U.G.C. (Ultimate Grilled Cheese) <i>Cheddar, pepper jack, muenster, provolone, Colby, mozzarella, parmesan and mayo.</i>	\$6
Pesto Caprese <i>Tomatoes, pesto, mozzarella.</i> — Served with a balsamic reduction drizzle on the side.	\$7
Pizzanini <i>Pepperoni, mozzarella, pesto, marinara</i> — Served with extra marinara for dipping.	\$8
BLT Panini <i>Bacon, lettuce and tomato pressed with mayo and cheddar cheese into a hot delicious panini.</i>	\$9
Cubanini <i>Our take on the tasty Cuban sandwich. Ham, bacon, Swiss cheese, pickles and mustard.</i>	\$10
Chipotle Chicken <i>Grilled chicken, pepper jack, pesto, onion, chipotle mayo.</i> — Served with a chipotle sauce drizzle on the side.	\$11
Turkey Bacon Avocado <i>Turkey, bacon, avocado, cheddar, lemon, pepper</i>	\$12
The Mega Veggie <i>Avocado, tomato, pesto, dill relish, onions, pickle, mozzarella, chipotle mayo, a dash of lemon juice, salt and pepper</i> — Served with a balsamic reduction drizzle.	\$13
EXTRAS <i>Add any additional ingredient for only \$1.50 more</i>	\$1.50
MAKE IT A WRAP!! <i>Substitute bread for a wrap for a slightly healthier option.</i>	\$1
MAKE IT A MEAL <i>Add chips and a soda or water for only \$2</i>	\$2

KIDS MEALS!

PB&J Panini	\$4
Grilled Cheese Panini	\$4
Ham or Turkey & Cheese Panini	\$4

KIDS EAT FREE EVERYDAY BETWEEN 4-6PM

Comes with chips and drink. Requires an adult meal purchase.

TEA

Loose Leaf Tea. Custom house blends. Varies from month to month. \$4

SMOOTHIES

Triple Berry Blast \$7

Raspberry, blueberry, blackberry, banana, greek yogurt and orange juice.

Bahama Mama \$7

Pineapple, strawberry, peaches, mangos, banana, greek yogurt and coconut milk.

Peanut Butter Banana Berry \$7

Strawberry, blueberry, banana, peanut butter, greek yogurt, almond milk and honey.

MUSHROOM SUPPLEMENTS: ADD TO YOUR COFFEE, TEA OR SMOOTHIE

Cordyceps \$3.50

Athletic Recovery & Energy

Lion's Mane \$3.50

Memory & Cognition

Reishi (QUEEN) \$3.50

Healer: immunity, fights cancer, improves gut health, manages fatigue, stress & depression

Chaga (KING) \$3.50

Healer: immunity, anti-inflammatory, antioxidant, improves gut health

SODA, WATER & YOOHOO TOO

Bottled Water \$1

Yoo-Hoo, Coke, Diet Coke, Sprite, Dr. Pepper, Root Beer \$2

Perrier Sparkling Water \$3

Coconut Water \$4

Kombucha \$7

CHAMPAGNE, SANGRIA & SAKE

Champagne \$4

Mimosa \$5

Orange, Cranberry, Grapefruit, Lemonade, Berry, Mango or Pineapple

House Red Wine \$5

Merlot, Cabernet Sauvignon, Pinot Noir

House White Wine \$5

Sauvignon Blanc, Moscato, Chardonnay, Pinot Grigio

Sangria \$6

Lakeridge Southern White \$7.50

Lakeridge Southern Red \$7.50

San Sebastian Vintners Red \$7.50

Croft Reserve Tawny Port \$10

Sake S, L \$5, \$10

Flavored Sake S, L \$5, \$10

BEER

Selection varies from week to week. Just take a peek in the cooler. \$3 - \$9