

BREAKFAST (SERVED ALL DAY)

Pastries and Muffins	\$4
<i>Cinnamon roll, pecan sticky bun, or apple fritter. Chocolate, blueberry, or banana nut muffin.</i>	
A Toasted Bagel	\$5
<i>A toasted plain or everything bagel topped with your choice of butter, cream cheese, or jelly.</i>	
Danish	\$5
<i>Apple, cream cheese or cherry danish.</i>	
Parfait	\$6
<i>Your choice of blueberries, strawberries or a combination of both paired with greek yogurt, granola and honey.</i>	
Breakfast Sandwich	\$7
<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>	
Avocado Toast	\$11
<i>Creamy avocado spread on toast topped with mozzarella and a dash of sea salt, pepper and lemon. Topped with a balsamic drizzle.</i>	
The Ultimate Breakfast Croissantwich	\$13
<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>	

PANINIS (SERVED ALL DAY) OR MAKE IT A WRAP!

U.G.C. (Ultimate Grilled Cheese)	\$8
<i>Cheddar, pepper jack, muenster, provolone, Colby, mozzarella, parmesan and mayo.</i>	
Pesto Caprese	\$9
<i>Tomatoes, pesto, mozzarella, balsamic reduction, salt & pepper. Served with a balsamic reduction drizzle on the side.</i>	
Pizzanini	\$10
<i>Pepperoni, mozzarella, pesto, marinara. Served with extra marinara on the side.</i>	
Chipotle Chicken	\$11
<i>Grilled chicken, pepper jack, pesto, onion, chipotle mayo. Served with a chipotle sauce drizzle on the side.</i>	
Turkey Bacon Avocado	\$12
<i>Turkey, bacon, avocado, cheddar, lemon, pepper, balsamic reduction. Served with a balsamic drizzle on the side.</i>	
The Mega Veggie	\$13
<i>Avocado, tomato, pesto, dill relish, onions, mozzarella, chipotle mayo, a dash of lemon juice, balsamic reduction, salt and pepper. Served with a balsamic drizzle on the side.</i>	
ADD ONS	\$2
<i>Add any additional ingredient for only \$2 more</i>	
MAKE IT A MEAL	\$2
<i>Add chips and a coke product or bottled water for only \$2</i>	



FLATBREAD PIZZA

Cheese	\$10
<i>Mozzarella, parmesan and marinara.</i>	
Pepperoni	\$11
<i>Pepperoni, mozzarella, parmesan and marinara</i>	
Supreme	\$12
<i>Pepperoni, sausage, tomato, onion, mozzarella, parmesan and marinara.</i>	

KIDS MEALS! (AGES 12 & UNDER)

Grilled Cheese Panini	\$6
Ham or Turkey & Cheese Panini	\$6
Comes with chips and drink.	

KIDS EAT FREE EVERYDAY BETWEEN 4-6PM. REQUIRES ADULT MEAL PURCHASE.

SMOOTHIES

Triple Berry Blast	\$7
<i>Raspberry, blueberry, blackberry, banana, greek yogurt and orange juice.</i>	
Bahama Mama	\$7
<i>Pineapple, strawberry, peaches, mangos, banana, greek yogurt and coconut milk.</i>	
The Bravocado	\$8
<i>Avocado, banana, honey, peanut butter, cocoa, greek yogurt, almond milk</i>	

MUSHROOM SUPPLEMENTS: ADD TO YOUR COFFEE, TEA OR SMOOTHIE.

Lion's Mane	\$4
<i>Memory & Cognition</i>	
Cordyceps	\$4
<i>Athletic Recovery & Energy</i>	
Reishi (QUEEN)	\$4
<i>Healer: immunity, fights cancer, improves gut health, manages fatigue, stress & depression</i>	
Chaga (KING)	\$4
<i>Healer: immunity, anti-inflammatory, antioxidant, improves gut health</i>	

