

APPETIZER

DIP TRIO \$10  
Hummus, roasted eggplant and bell pepper, whipped goat cheese, with toasted pita bread

SOUP

SEASONAL SOUP\* GF Cup \$5 / Bowl \$8  
CHICKEN NOODLE Cup \$5 / Bowl \$8

DAILY SPECIAL (WED - FRI) \$11

SALAD

KALE QUINOA \$10  
Shaved kale, quinoa, pickled onion, avocado, homemade tomato dressing

CEASAR \$9  
Romaine, croutons, shaved parmesan, homemade Caesar dressing

BEETS\* \$11  
Arugula, roasted beets, candied almonds, crumbled goat cheese, grapefruit slices, homemade champagne vinaigrette

COBB\* \$12  
Romaine, tomato, cucumber, crumbled blue cheese, onion, bacon, hard-boiled egg, blue cheese dressing

GARDEN (SIDE) \$4  
Romaine, cucumber, red onion, tomato, homemade champagne vinaigrette (cannot be halved)

SANDWICHES

HAM & CHEESE MELT \$10  
Multigrain croissant, ham, Swiss cheese, Dijon mustard, béchamel sauce

CUBAN \$11  
Cuban white bread, roasted pork, ham, swiss cheese, pickles, mustard

CAPRESE\* \$12  
Ciabatta bread, arugula, tomato, fresh mozzarella, basil pesto

ITALIAN PANINO \$11  
Multigrain panini, roasted chicken breast, fresh mozzarella, olive spread, spinach, roasted bell pepper

HAVARTI TURKEY \$11  
Multigrain panini, turkey breast, havarti cheese, bacon, arugula, sundried tomato

COMBOS AVAILABLE

Select any two of the following: half salad, cup soup or half sandwich

ADD - ONS

GRILLED CHICKEN BREAST \$4  
AVOCADO \$2

PIZZA

PIZZA MARGHERITA (12 inch) \$12  
Add olives, spinach \$0.75 each  
Add ham, pepperoni \$1.25 each  
Add goat cheese, fresh mozzarella \$2 each

SNACKS

Chocolate Chip Cookie*	\$3.50	Pretzels	\$3.50
Coconut Oat Cookie*	\$2.50	Popcorn <sup>GF</sup>	\$5
Kettle Cooked Chips <sup>GF</sup>	\$2	Rice Crackers <sup>GF</sup>	\$3.50
Terra Chips <sup>GF</sup>	\$3	Mixed Nuts* <sup>GF</sup>	\$3.50
Pita Chips	\$3	Peanut M&M's*	\$3
Chia Chocolate Bar <sup>GF</sup>	\$5	KIND Bars* <sup>GF</sup>	\$3
Cashew Coconut Bar* <sup>GF</sup>	\$4.50	Patter Bar <sup>GF</sup>	\$4.50

BEVERAGES

NESTLE WATER	\$2	COLD BREW COFFEE	\$3
AQUA PANNA	\$4	AMERICAN COFFEE	\$2.75
PELLEGRINO	\$4	ESPRESSO	\$3
RED BULL	\$4	DOUBLE ESPRESSO	\$5
COCA COLA	\$3	CAFÉ LATTE	\$3.50
DIET COKE	\$3	CAPPUCCINO	\$3.50
GINGER ALE	\$3	MACCHIATO (Cortadito)	\$3.50
COKE ZERO	\$3	HOT TEA Assorted varieties	\$3.50
ICED TEA	\$3		
ORANGE JUICE	\$3	B E E R	
APPLE JUICE	\$3	BUD LIGHT	\$6
KOMBUCHA	\$6	HEINEKEN	\$8
ORANGINA	\$4	STELLA ARTOIS	\$8
PELLEGRINO SODA	\$3	LOCAL CRAFT BEER	\$9

WINE ( 187 mL )

<i>SPARKLING</i>	
LOUIS CHARLES	\$9
POMMERY POP (ROSÉ)	\$19
<i>WHITE</i>	
CHARDONNAY RAPA NUI	\$9
SAUVIGNON BLANC RAPA NUI	\$9
<i>RED</i>	
CABERNET RAPA NUI	\$9
MERLOT RAPA NUI	\$9

\*Contains nuts    <sup>GF</sup> Gluten Free