



## SPECIALTY CREATIONS

### LOX BAGEL SANDWICH

A TOASTED EVERYTHING BAGEL SMEARED WITH CREAM CHEESE, THEN PILED HIGH WITH SMOKED SALMON AND TOPED WITH CAPERS, RED ONION AND TOMATO 15.99

### VEGGIE BAGEL SANDWICH

FRESH FROM THE GARDEN, OUR VEGETABLE STACK DELIGHT. ROMAINE LETTUCE, BABY SPINACH, ENGLISH CUCUMBER, THICK-CUT TOMATOES AND FRESH AVOCADO 9.95

### PICK-N-CHOOSE EGG SANDWICH BOARD - 9.95

2 EGGS, PLUS YOUR CHOICE OF PROTEIN, CHEESE AND BREAD

SERVED WITH A SIDE OF FRESH FRUIT

#### PROTEINS

BACON  
SAUSAGE  
SPINACH  
PORK ROLL

#### CHEESE

CHEDDAR  
SWISS  
PEPPER JACK  
PLANT-BASED

#### BREADS

WHITE/WHEAT/RYE TOAST  
ENGLISH MUFFIN  
BAGEL OPTIONS  
GLUTEN-FREE ROLL (+.75)

## BY THE SLICE QUICHE

### LORRAINE

THE CLASSIC, WITH BABY SPINACH, BLACK FOREST HAM, SWISS CHEESE 9.95

### VEGETABLE

BABY SPINACH, BELL PEPPERS, ASPARAGUS AND CHERRY TOMATOES 9.95

### PHILADELPHIA QUICHE STEAK

RIBEYE MEAT, BELL PEPPERS AND SAUTEED ONIONS 9.95

## BELGIAN WAFFLES

PILED HIGH WITH TOPPINGS 'TIL YOU TELL US TO STOP. COMES WITH BUTTER AND SYRUP.

PLAIN 9.95

TOPPINGS 1. EACH

CHOCOLATE CHIPS, PEANUT BUTTER CHIPS, WALNUTS, PECANS, NUTELLA, BANANA STRAWBERRIES, BLACKBERRIES, BLUEBERRIES

SIDE OF MEAT 3.95

BACON, SAUSAGE, PORK ROLL, or PLANT-BASED MEAT

## LIGHT FARE

### OATMEAL

A HEARTY BOWL, TOPPED WITH FRESH BERRIES, NUTS AND BROWN SUGAR 9.25

### YOGURT & GRANOLA

ACCOMPANIED BY FRESH-CUT APPLES AND BERRIES 9.25

### FRESH FRUIT BOWL

CUT FRESH IN-HOUSE 8.95

### AVOCADO TOAST

WHEAT TOAST TOPPED WITH SMASHED AVOCADO, CHERRY TOMATOES, FETA CHEESE AND BALSAMIC VINAIGRETTE 9.50

### ALMOND BUTTER & BANANA TOAST

WHEAT TOAST TOPPED WITH CREAMY ALMOND BUTTER, SLICED BANANA, CHIA SEEDS AND HONEY 9.50

### STRAWBERRY, PEANUT BUTTER AND MINT TOAST

WHEAT TOAST TOPPED WITH PEANUT BUTTER, SLICED STRAWBERRIES, MINT LEAVES AND HONEY 9.50

## POCKET PASTRIES

SAVORY POCKETS, SERVED WITH A SIDE OF FRESH FRUIT 9.95

BACON, EGG & CHEDDAR  
SAUSAGE, EGG & CHEDDAR  
HAM, EGG & CHEDDAR  
SPINACH, EGG & SWISS

## BAGEL SANDWICHES

CLASSIC COMBOS, SERVED WITH A SIDE OF FRESH FRUIT 9.95

BACON, EGG & CHEDDAR  
SAUSAGE, EGG & CHEDDAR  
SPINACH, EGG & SWISS

## SMEAR IT UP

CUSTOM CRAFTED FOR YOU 2.95

### CHOICE OF BAGEL

PLAIN  
EVERYTHING  
MULTI-GRAIN  
CINNAMON RAISIN

### CHOICE OF SCHMEAR

BUTTER  
PLAIN CREAM CHEESE  
VEGETABLE CREAM CHEESE  
JALAPENO CHEDDAR CREAM CHEESE  
STRAWBERRY CREAM CHEESE

## DAILY BAKES

CHECK THE FRESH CASE FOR TODAY'S DAILY BAKES!

STICKY BUNS, CINNAMON BUNS, CROISSANTS, DANISH, TURNOVER, MUFFINS, BISCOTTI, COOKIES