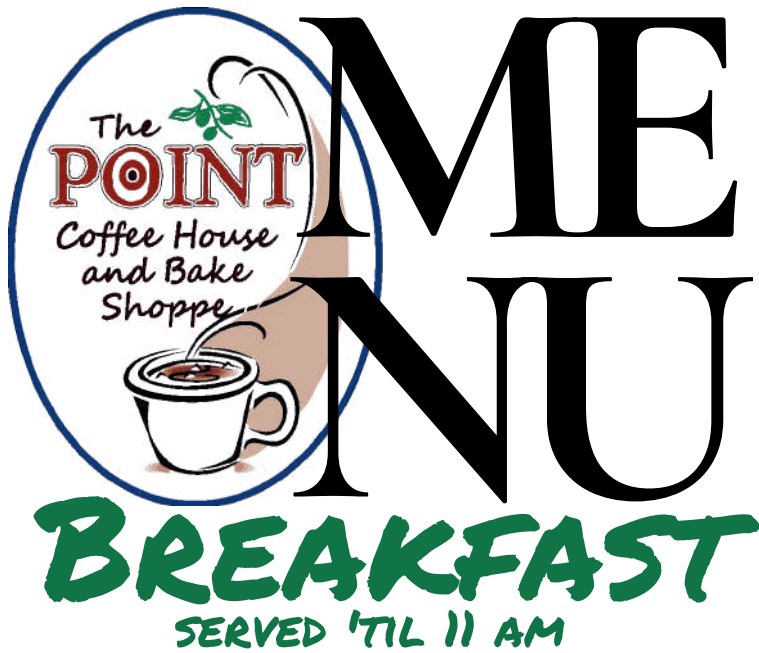




SPECIALTY CREATIONS

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 16.00

VEGGIE BAGEL SANDWICH

FRESH FROM THE GARDEN, OUR VEGETABLE STACK DELIGHT. ROMAINE LETTUCE, BABY SPINACH, ENGLISH CUCUMBER, THICK-CUT TOMATOES AND FRESH AVOCADO 10.00

PICK-N-CHOOSE EGG SANDWICH BOARD - 11.00

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

BREADS

WHITE/WHEAT/RYE TOAST
ENGLISH MUFFIN
BAGEL OPTIONS
GLUTEN-FREE ROLL (+1.00)
CROISSANT (+2.50)

BY THE SLICE QUICHE

LORRAINE

THE CLASSIC, WITH BABY SPINACH, BLACK FOREST HAM, SWISS CHEESE 12.00

VEGETABLE

BABY SPINACH, BELL PEPPERS, ASPARAGUS, CHERRY TOMATOES, MOZZARELLA 12.00

PHILADELPHIA QUICHE STEAK

RIBEYE MEAT, BELL PEPPERS, SAUTEED ONIONS, MOZZARELLA 12.00

BELGIAN WAFFLES

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

PLAIN 10.00

TOPPINGS

NON-FRUIT 1.00 EACH / FRESH FRUIT 2.00 EACH

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

SIDE OF MEAT 4.00

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

LIGHT FARE

OATMEAL

A HEARTY BOWL, TOPPED WITH FRESH BERRIES, NUTS AND BROWN SUGAR 10.00

YOGURT & GRANOLA

WITH FRESH-CUT APPLES & BERRIES, NUT MIX 10.00

FRESH FRUIT BOWL

CUT FRESH IN-HOUSE 9.00

AVOCADO TOAST

WHEAT TOAST TOPPED WITH SMASHED AVOCADO, CHERRY TOMATOES, FETA CHEESE AND BALSAMIC VINAIGRETTE 10.00

ALMOND BUTTER & BANANA TOAST

WHEAT TOAST TOPPED WITH CREAMY ALMOND BUTTER, SLICED BANANA, CHIA SEEDS AND HONEY 10.00

SAVORY CROISSANTS

OUR FAVORITE CROISSANT SANDWICHES,
SERVED WITH A SIDE OF FRESH FRUIT 11.00

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

BAGEL SANDWICHES

CLASSIC COMBOS, SERVED WITH
A SIDE OF FRESH FRUIT 11.00

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

SMEAR IT UP

CUSTOM CRAFTED FOR YOU 3.00

CHOICE OF BAGEL

PLAIN
EVERYTHING
MULTI-GRAIN
CINNAMON RAISIN

CHOICE OF SCHMEAR

BUTTER
PLAIN CREAM CHEESE
VEGETABLE CREAM CHEESE

DAILY BAKES

CHECK THE FRESH CASE FOR
TODAY'S DAILY BAKES!

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