BREAKFAST MENU

Available till 230pm

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BREAKFAST SANDWICHES

BREAKFAST SANDWICH (vgt / v & gf options) **$7**
Egg, cheddar, house avocado aioli on an English muffin, or plain or everything bagel

THE NEW YORKER (meat / vgt, v & gf options) **$10**
Bacon, egg, cheddar, tomato, avocado aioli on an English muffin, or plain or everything bagel

+$2 for sliced avocado, tomato
+$3 for sausage (v), bacon (v/meat), ham, turkey (v/meat)
+$5 for lox
+$3 for hard roll or bagel with extra egg & cheese

BURRITOS

(all vgt / v & gf options. Any sauce* available with any burrito)

BREAKFAST BURRITO **$10**
Eggs, tofu, sundried tomato, greens, feta, sesame oil, with house avocado aioli and/or adobo(v. spicy) on the side (please specify)

CLASSIC BURRITO **$10**
Eggs, black beans, brown rice, sweet potatoes, house avocado aioli and/or chimichurri sauce on the side

LUNCH BURRITO "THE BARBARITO" **$14**
Savory burrito loaded with soy chorizo, roasted sweet potato, picked red onion, black beans, cheddar cheese(vgt/v), house made salsa verde, and brown rice. Served with jalapeno mayo(v)

+3 soy chorizo(v)**, plant based sausage, ham**(meat)**, turkey**(meat/v)**, or bacon**(meat)

BELGIAN WAFFLES (vgt / v-gf-nut option)

Fresh berries, whipped cream & fruit bourbon compote. **Maple syrup (free) on request.** **$14**
(May substitute chocolate syrup for compote)

v=plant based / vgt=vegetarian / pesca=pescatarian / meat=contains meat / gf=gluten free / nut=contains nuts
option = Item may vary from description, please ask.

OMELETTES

Three-egg omelette served with salsa verde or sauce of your choice* and fresh Placid Baker ciabatta, or gf toast (vgt & vegan options)

EUPHORIC **$12**
Spinach, mushroom, tomato, onion, cheddar cheese

WESTERN **$12**
Ham, green pepper, onion, cheddar cheese

EASTERN **$12**
Sundried tomato, spinach, onion, feta

NEPTUNE **$12**
Lightly seared nova lox, spinach, sour cream

BUILD YOUR OWN **$12**
Choose any 3 veg & 1 cheese: swiss (vgt), feta (v/vgt) or cheddar (v/vgt). +$1 ea. extra veg/+$2 any protein

BAGELS YOUR WAY

(bagels are plant based; gf everything bagel available)

PLAIN OR EVERYTHING BAGEL **$6**
with plain(v/vgt) or jalapeno(vgt) cream cheese

THE VEG **$9**
Capers, cucumber, green pepper, red onion & mixed greens

THE PROTEIN **$12**
Lox or any protein (meat/v) + one veggie

THE WORKS **$15**
Includes all of the above!

SELECT BEVERAGES

LAVENDER MENACE **$6**
Sweet & light lavender lemonade w/ butterfly pea flower tea

STRAWBERRY MATCHA LATTE **$6**
House strawberry syrup mingled with oat milk and matcha, iced

FRUIT SMOOTHIE (all contain yogurt) **$6**
Mango(vgt), Apple-Blueberry (v), or Green Apple-Kiwi (vgt)

JUICE **$3.50**
Orange, grapefruit, or lemonade (+1.5 flavored)

HOT CHOCOLATE **$4**

SELF SERVE

Soda, Water, Seltzer	$2	Energy Drink	$3.50
San Pellegrino Soda	2.75	Sparkling Water	6
Bottled Soda	4	Specialty - lg. bottles	11-14

***Available sauces:** avocado aioli, salsa verde, jalapeno mayo, adobo(v. spicy), chimichurri(spicy), sriracha (v. spicy), ketchup

LUNCH MENU

Ask for availability before 1130am

SANDWICHES

(gf bread avail. with all sandwiches)

LGBTQ (meat / vgt & v options) **$15**

Our fresh take on a classic BLT. Lettuce, Guac (avocado aioli), Bacon(meat, vgt or v), Tomato, Queso (swiss or cheddar), and mayo on toasted rye

SEARED TURKEY & BRIE (meat / vgt & v options) **$15**

Cranberry sauce, mayo, honey mustard, jalapeno, jam, crisp greens on fresh ciabatta

(plant-based turkey & cheddar cheese avail. as substitutions)

THE HELEN (meat / vgt & v options) **$12**

Turkey, cucumber, mixed greens, feta, chimchurri sauce, mayo on a hard roll or brioche(vgt). Fresh ciabatta +2

THE TROJAN (meat / v option) **$12**

Ham, cheese, tomato, honey mustard, mayo on hard roll or brioche(vgt). Fresh ciabatta +2

SOUP & SALADS

HOUSE CAESAR SALAD (pesca / v opt.) **$7/$13**

Romaine lettuce, croutons, parmesan, Caesar dressing. (gf without croutons). Side or main

CITRUS SALAD (vgt / v opt.) **$9/$14**

Mandarin & naval oranges, avocado, almonds, feta(vgt/v), pickled red onions on a bed of mixed greens (v-gf) with a lightly sweetened miso dressing. Side or main

ARUGULA SALAD (vgt / v opt.) **$9/$14**

Pickled beets, couscous, roasted sweet potato, feta (vgt/v), house lemon vinaigrette (gf without couscous). Side or main

+$5 for grilled chicken(meat/v)**, seared shrimp, or smoked salmon** (fresh or lightly seared)

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See specials card for info on our 3:1 sliding scale pricing and our safe space rules. Please consider leaving a 18% gratuity, for a fair and living wage for our staff.

BOWLS

SUNDRIED TOMATO AND BACON MAC & CHEESE (meat/vgt) **$14**

Deliciously cheesy mac & cheese topped with either bacon, sun-dried tomatoes, or both

MAC & CHEESE (vgt) **$11**

Deliciously cheesy house made mac and cheese

CHILI MAC (vgt) **$14**

Mac & cheese with our plant based chili added

MASAMAN CURRY (v-gf) **$14**

Carrots, potato, bamboo shoots, tofu, water chestnuts, peas, coconut milk, spices. Served over white or brown rice, with soy-based pickles

PLANT-BASED CHILI **$5/$8**

Hearty gluten free house made chili loaded with black beans, kidney beans, sweet potatoes and spiced to perfection. Topped with scallions. Sour cream(vgt) on request.

MISO SOUP **$3**

Miso, tofu, seaweed, radish, shiitake mushrooms in a gluten free, plant based stock

+$2 Fresh Placid Baker Ciabatta(v)**, jalapeno cornbread**(v-gf), **or rice with chili or any soup**

SMALL PLATES

DUSTED WAFFLE FRIES (v-gf) **$6**

Waffle cut fries dusted with savory seasoning, served with ketchup or Sriracha ketchup(spicy). **Note: Takes 15 minutes**

LOADED WAFFLE FRIES (vgt-gf) **$11**

Add chili, cheddar, sour cream, jalapeno to above!

(may specify exclusions; plant-based with v. cheddar but without sour cream)

GYOZA (v-gf opt avail.) **$8**

Japanese pan fried dumplings with spicy mustard, wasabi, sweet chili soy sauce.
Choose (6 per order):
Leek(v), kimchi(pesca), seafood, pork & veg

HUMMUS (v / gf opt) **$8**

Creamy and garlicky hummus served with pita chips and/or vegetables (gf as veg only)

FRUIT AND NUT GRANOLA **$7**

House made granola with plain greek or vanilla yogurt. +3 with fresh fruit