

COFFEE & TEA

COFFEE ROASTED BY SECOND STATE

	SMALL	LARGE
C&B DRIP COFFEE	\$2.75	\$3.25
C&B ICED COFFEE	\$3.00	\$3.50
CAFÉ LATTE (Hot/Iced)	\$3.95	\$5.00
CAPPUCCINO	\$3.95	\$5.00
CHAI LATTE (Hot/Iced)	\$4.75	\$5.50
MATCHA LATTE (Hot/Iced)	\$5.00	\$6.00
CAFÉ AMERICANO (Hot/Iced)	\$2.90	\$3.90
CAFÉ AU LAIT	\$3.05	\$3.90
HOT CHOCOLATE	\$3.65	\$4.05
FRAPPE	\$5.00	\$6.00
	SINGLE	DOUBLE
ESPRESSO	\$2.25	\$3.00
ESPRESSO MACCHIATO	\$3.00	\$3.75

ADD ONS

ESPRESSO SHOT	\$1.50
FLAVORED SYRUPS	\$0.85
FLAVORED SAUCES	\$1.00
SOY, OAT, OR ALMOND MILK	\$1.00

ORGANIC ICED TEA BY TEATULIA	SMALL	LARGE
SIGNATURE BLACK	\$3.00	\$3.50
HIBISCUS BERRY (Herbal)	\$3.00	\$3.50

ORGANIC HOT TEA BY TEATULIA

TEATULIA BLACK, TEATULIA GREEN, MINT, HIBISCUS BERRY, EARL GREY, CHAMOMILE	\$3.00	\$3.50
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ON TAP BY RIPTIDE

NITRO COLD BREW	\$5.00	\$6.00
ORGANIC COSTA RICAN NITRO	\$5.00	\$6.00

FRESH SMOOTHIES

\$7.50

BANANAS, NO CAVIAR

Bananas, Spinach, Peanut Butter, Vanilla Yogurt, Whole Milk

THE GREEN WAY

Bananas, Spinach, Kiwi/Pear/Apple/Orange Puree, Almond Milk, Natalie's Orange Juice

TROPICAL TWIST

Bananas, Pineapple/Strawberry/Mango Puree, Coconut Water, Natalie's Orange Pineapple Juice

BREAKFAST

Served from 7am - 11am

DYO BREAKFAST SANDWICH \$8.50

Bread:	Egg:	Protein:	Cheese:
Bagel	Egg	Applewood-	Cheddar
Ciabatta	Egg White	Smoked Bacon	Swiss
Honey Wheat Wrap		Black Forest Ham	
Wheat		Turkey Sausage	
Croissant (+\$1)			

Extra Toppings (\$.75): Tomato, Cucumber, Pico de Gallo, Kale Pesto, Avocado Smash (+\$1.50)

SUNRISE \$8.00

Ciabatta, Egg White, Swiss, Housemade Turkey Sausage, "Everything Spiced" Kale Pesto

BREAKFAST BURRITO \$7.50

Honey Wheat Wrap, Egg White, Cheddar, Pico de Gallo, Black Beans, Avocado Smash
Add Bacon, Turkey Sausage, or Ham (\$2.50)

AVOCADO TOAST \$6.50

Toasted Wheat Bread, Avocado Smash, Sliced Radish, Pickled Red Onion, Cotija Cheese, Cilantro

TRADITIONAL LOX BAGEL \$13.00

Toasted Bagel, Cold Smoked Salmon, Tomato, Sliced Cucumber, Red Onion, Lemon-Herb Cream Cheese

LOCAL BAGEL (provided by Ruby's Bagels) \$2.75

Spreads:

Cream Cheese 1.50

Strawberry Cream Cheese 1.50

Roasted Vegetable Cream Cheese 1.75

Lemon-Herb Cream Cheese 1.75

Butter or Jam 1.00

OATMEAL \$4.75

Choice of Plain or Caramelized Apples with Cinnamon

YOGURT PARFAIT \$6.75

Low Fat Vanilla Yogurt, Granola, Berries

SALADS

THE C & BEET

\$13.00

Mixed Greens, Golden Beets, Goat Cheese, Shaved Fennel, Toasted Walnuts, Dried Blueberries, Lemon Vinaigrette

THE LEVANT

\$13.00

Romaine, Baby Spinach, Falafel Croutons, Feta, Diced Tomato, Kalamata Olives, Diced Cucumber, Shaved Red Onion, Lemon Dill Dressing

THE LOWCOUNTRY SHRIMP CAESAR

\$14.50

Romaine, Grilled "Crab Spiced" Shrimp, Aged Parmesan, Cornbread Croutons, Roasted Corn, Pickled Okra, Roasted Tomato Caesar

THE GRAMERCY

\$14.50

Herb Grilled Chicken, Baby Arugula, Aged Gouda, Dried Cranberries, Tri Color Quinoa, Toasted Almonds, Balsamic Vinaigrette

THE BAJA

\$13.50

Romaine, Cotija Cheese, Roasted Corn, Jicama, Diced Cucumbers, Pickled Red Onion, Toasted Pepitas, Chipotle Lime Vinaigrette

DESIGN YOUR OWN SALAD

\$10.50

CHOICE OF GREENS:

Romaine, Mixed Greens, Baby Arugula, Baby Spinach

CHOICE OF TOPPINGS (CHOOSE 4):

Golden Beets	Diced Tomato	Pickled Okra
Shaved Fennel	Diced Cucumber	Pickled Red Onion
Toasted Walnuts	Shaved Red Onions	Jicama
Chickpeas	Kalamata Olives	Cornbread Croutons
Toasted Pepitas	Roasted Corn	Diced Egg
Dried Cranberries	Tri-Colored Quinoa	

PREMIUM TOPPINGS:

Avocado (+1.50)	Asian Fried Tofu (\$2)
Roasted Walnuts (\$1)	Falafel Croutons (\$2)
Dried Blueberries (\$1)	Herb Grilled Chicken (\$5)
Toasted Almonds (\$1)	Cold Smoked Salmon (\$6)
Bacon Crumbles (\$2)	Crab Spiced Shrimp (\$6)

CHOICE OF CHEESE (+ \$2):

Feta, Shaved Parmesan, Cotija, Goat Cheese, Aged Gouda, Sharp Cheddar

CHOICE OF DRESSING (CHOOSE 1):

Lemon Vinaigrette, Balsamic Vinaigrette, Roasted Tomato Caesar, Chipotle Lime Vinaigrette, Lemon Dill Dressing, Black Pepper Ranch, Fresh Squeezed Lemon, Oil & Vinegar, Honey Mustard

SANDWICHES

THE ITALIAN CHICKEN WRAP \$11.00

Herb Grilled Chicken, Aged Provolone, Baby Spinach, Sliced Tomato, Shaved Red Onion, Basil Pesto, Balsamic Vinaigrette, Whole Wheat Wrap (served cold)

THE CARADONNA \$12.00

Roast Beef, Aged Provolone, Arugula, Drunken Tomato Relish, Pepperoncini Aioli, French Baguette (served hot)

THE FEISTY FEATHER \$11.00

Smoked Turkey, Aged Gouda, Arugula, Drunken Tomato Relish, Roasted Chili Aioli, Pressed on Ciabatta

THE PARISIENNE \$10.50

Black Forest Ham, Brie, Arugula, Whipped Herb Butter, Toasted French Baguette

THE CAPRESE \$10.50

Sliced Tomato, Fresh Mozzarella, Basil Pesto, Balsamic Vinaigrette, Pressed on Ciabatta

THE USUAL \$11.00

Smoked Turkey, Brie, Arugula, Shaved Red Onion, Rosemary Apricot Marmalade, Toasted Wheat Bread

THE AZTEC \$10.50

Herb Grilled Chicken, Sharp Cheddar, Bibb Lettuce, Dill Pickles, Chipotle Aioli, Pressed on Sourdough

DESIGN YOUR OWN SANDWICH \$11.00

BREAD:

Ciabatta, French Baguette, Wheat, Sourdough, Honey Wheat Wrap, Gluten Free Baguette (+1.50)

PROTEIN (choose 1):

Herb Grilled Chicken (\$1), Roast Beef (\$2), Smoked Turkey (\$2), Black Forest Ham (\$1), Applewood Bacon (\$2), Pecan Chicken Salad (\$1), Cold Smoked Salmon (\$2), Prosciutto (\$2), Balsamic Roasted Vegetables

CHEESE (choose 1):

Baby Swiss, Sharp Cheddar, Aged Gouda, Aged Provolone, Brie, Fresh Mozzarella

TOPPINGS (choose 3):

Avocado (\$1.50), Arugula, Bibb Lettuce, Baby Spinach, Sliced Tomato, Drunken Tomato Relish, Shaved Red Onion, Dill Pickles, Cherry Peppers

CONDIMENTS:

Aioli, Balsamic Vinaigrette, Dijon Mustard, Whole Grain Mustard, Whipped Herb Butter, Basil Pesto, Roasted Chili Aioli, Pepperoncini Aioli, Chipotle Aioli, Rosemary Apricot Marmalade

ICE CREAM

PROVIDED BY WHOLLY COW

SCOOPS \$4.00

Choice of cone or bowl

Killa Vanilla

Very Chocolate

Wild Strawberry

Mint Chocolate Chip

Southern Pecan

Call Me Mango Sorbet(vegan)

Weekly Feature

CONE FLAVORS

Sugar

Pretzel \$1.50

Sugar Cookie Sprinkle \$1.50

ADDITIONAL TOPPINGS + \$.75

Whipped Cream

Chocolate Sauce

Sprinkles

FRESH SMOOTHIES \$7.50

BANANAS, NO CAVIAR

*Bananas, Spinach, Peanut Butter,
Vanilla Yogurt, Whole Milk*

THE GREEN WAY

*Bananas, Spinach, Kiwi/Pear/Apple/Orange Puree,
Almond Milk, Natalie's Orange Juice*

TROPICAL TWIST

*Bananas, Pineapple/Strawberry/Mango Puree,
Coconut Water, Natalie's Orange Pineapple Juice*

MILKSHAKES \$7.00

Choice of flavor

FROSE \$12.00