

BREAKFAST

MON-FRI UNTIL 11:30AM

THE SUNRISE SANDWICH: \$5.75*Housemade Turkey Sausage, Egg Whites, Gruyere, "Everything" Spiced Kale Pesto, Toasted Ciabatta***SMOKED SALMON BAGEL: \$5.25***Spread of Hot-Smoked Salmon-Caper-Dill-Cream Cheese, Tomato, Cucumber (Choice of Bagel)***RICOTTA TOAST: \$5.25***Housemade Ricotta, Rosemary-Apricot Marmalade, Pistachios, Toasted Multigrain Bread***BREAKFAST BURRITO: \$5.50***Egg Whites, Black Beans, Cheddar Cheese, Avocado, Pico de Gallo, Whole Wheat Tortilla***DYO BREAKFAST SANDWICH: \$5.75**

- Egg or Egg White
- Cheddar or Swiss
- Bacon or Ham
- Bagel or Ciabatta

*Turkey Sausage +\$.75 or Croissant +\$1***HOUSEMADE OATMEAL: \$4.50**

- Chocolate Hazelnut Butter, Fresh Seasonal Berries
- Roasted Granny Smith Apples, Cinnamon, Caramel

YOGURT PARFAIT: \$5.25*Fresh Seasonal Fruit, Low-Fat Vanilla Yogurt, Granola***TOASTED BAGEL: \$2.50***Add Cream Cheese +\$.75 Butter +\$.50 Jam +\$.50*

BRUNCH

SATURDAY 8AM -12PM AND SUNDAY 9AM - 1PM

LEMON OATMEAL PANCAKES: \$9.00*Warm Cherry Compote***PROSCIUTTO FRIED EGG SANDWICH: \$9.00***Fried Egg, Seared Prosciutto, Wilted Spinach, Roasted Tomato Marmalade, Whole Wheat English Muffin, CHOICE OF A SIDE***VEGGIE & EGGS BENEDICT: \$10.00***Poached Eggs, Vegetable-Quinoa Cake, Wilted Spinach, Fresh Herb Hollandaise, Whole Wheat English Muffin***B.E.L.T.: \$9.00***Bacon Duo, Fried Egg, Arugula, Tomato, Black Pepper Aioli, Grilled Sourdough Bread, CHOICE OF A SIDE***CRISPY CHICKEN BUTTERMILK BISCUIT: \$9.00***Southern Fried Chicken Breast, Scrambled Egg, Aged Cheddar, Tasso Gravy, Buttermilk Biscuit, CHOICE OF A SIDE***BRUNCH BURRITO: \$9.00***Scrambled Egg, Pork Green Chili, Gouda, Cheddar, Black Beans, Pico de Gallo, Smashed Avocado, Lemon Crème, Whole Wheat Tortilla, CHOICE OF A SIDE***OMELET FLORENTINE: \$9.00***Goat Cheese, Spinach, Roasted Tomatoes, Whole Eggs or Just Whites, CHOICE OF A SIDE***THE DINER PLATE: \$9.50***Two Eggs Any Style, Choice of Bacon, Buttermilk Biscuit, CHOICE OF A SIDE***AVOCADO TOAST: \$6.00***Smashed Avocado, Cotija Cheese, Pickled Red Onion, Radish, Fresh Herbs, Grilled Sour Dough Bread (Add Egg \$1.50 each) (Add Citrus Grilled Shrimp + \$4)***SWEET POTATO & KALE HASH: \$7.50***Sautéed Sweet Potatoes, Kale, Red Onion with Poached Eggs*

À LA CARTE:

BUTTERMILK BISCUIT AND TASSO GRAVY: \$3.50**EGGS (Any Style): \$1.50 each****BUTTERMILK BISCUIT: \$2.50****SMOKED BACON: \$3.50***(Applewood, Jalapeño, or Turkey)*

ON THE SIDE:

FRESH FRUIT SALAD: \$3.50**SMOKED JALAPEÑO GRITS: \$3.50****PARMESAN FRIED POTATOES: \$3.50**

ARTISANAL COFFEE & TEA SELECTIONS

COFFEE	SMALL	LARGE
Cappuccino	\$3.55	\$4.55
Café Latte (Hot/Iced)	\$3.55	\$4.55
Caramel Latte (Hot/Iced)	\$4.30	\$5.05
Chai Latte (Hot/Iced)	\$4.30	\$5.05
Mocha Latte (Hot/Iced)	\$4.30	\$5.05
Café Americano (Hot/Iced)	\$2.80	\$3.80
Café Au Lait	\$3.05	\$3.80
House Blend Coffee	\$2.25	\$2.75
Iced Coffee	\$2.55	\$3.05
Frappe	\$4.55	\$5.05
Hot Chocolate	\$3.55	\$4.05
Espresso	\$2.25	\$2.75
Espresso Macchiato	\$2.55	\$3.05
French Press		\$5.25

TRADITIONAL ADD-ONS

Espresso Shot	\$1.00
Flavor Shot	\$0.75
Soy Milk or Almond Milk	\$0.75
Agave Nectar <i>Sweetener</i>	\$0.75

HOT TEA	SMALL	LARGE
Blueberry Hibiscus	\$2.60	\$2.90
Chamomile	\$2.60	\$2.90
Earl Grey	\$2.60	\$2.90
English Breakfast	\$2.60	\$2.90
Green Tea Mint	\$2.60	\$2.90
Jasmine Green	\$2.60	\$2.90
Peach Nectar	\$2.60	\$2.90
Matcha Super Green	\$2.60	\$2.90
Turmeric Ginger Detox	\$2.60	\$2.90

ICED TEA	SMALL	LARGE
Blueberry Hibiscus	\$2.60	\$2.90
Summer Lemon	\$2.60	\$2.90

SMOOTHIES	SMALL	LARGE
Organic Fruit Smoothie		MARKET \$

BAKERY SELECTIONS

BUTTER CROISSANT: \$3.00

CHOCOLATE CHIP COOKIE: \$2.75

CHOCOLATE CROISSANT: \$4.00

FEATURED COOKIE (*Assorted Flavors*): \$2.75SAVORY CROISSANT (*Chef's Selection*): \$4.00

COCONUT MACAROON: \$3.00 GF

ALMOND CROISSANT: \$4.25

BLACK AND WHITE BROWNIE: \$3.00

ASSORTED MUFFINS: \$3.00

HOMEMADE TWIX BAR: \$2.00

MUFFIN: \$3.25 GF

BUTTERSCOTCH BLONDIE: \$2.50

GF CHOCOLATE CAKE: \$3.00

RASPBERRY LEMON BAR: \$3.25

SCONE (CHEF'S SELECTION): \$2.25

HOUSEMADE GRANOLA BAR: \$4.50 GF/DF

HOUSEMADE RAW BAR: \$5.00 GF/V/DF

RASPBERRY OATMEAL BAR: \$2.75

FEATURE CUPCAKE: \$2.75

MONKEY BREAD: \$3.25

Daily dessert features also available - call store location for details

GF = Gluten Free | VEG = Vegetarian | V = Vegan | DF = Dairy Free

SANDWICHES

THE USUAL: \$9.25

Roasted Turkey, Brie, Arugula, Shaved Red Onion,
Apricot-Rosemary Marmalade, Toasted Multigrain

MEDITERRANEAN CHICKEN: \$8.75

Herb Grilled Chicken, Housemade Mozzarella, Roasted Tomato,
Shaved Red Onion, Mixed Greens, Artichoke Tapenade,
Whole Wheat Wrap, Served Cold

'BAMA SALMON: \$9.50

House Hot-Smoked Salmon, Jalapeño Slaw, Alabama White Sauce,
Sourdough

ZUCCHINI TOASTIE: \$8.50

Sautéed Zucchini, Onion and Garlic, Housemade Ricotta,
Aged Parmesan, Multigrain

CAPRESE: \$8.50

Housemade Mozzarella, Tomato, Fresh Herbs, Balsamic Vinaigrette,
Ciabatta (add Prosciutto + \$4)

FEATURE: MARKET PRICE

Chef's Daily Inspiration

ITALIANA: \$11.25

Genoa Salami, Black Forest Ham, Mortadella,
Aged Provolone, Shaved Red Onion, Arugula, Tomato,
Cherry Pepper Vinaigrette, Baguette

DUCK CONFIT: \$11.50

Duck Confit, Pickled Red Onions, Fig Preserves,
Black Pepper Mayo **, Sourdough

FRENCH DIP: \$9.50

Housemade Roast Beef, Aged Provolone, Smoked Cremini
Mushrooms, Roasted Shallots, Toasted Baguette, Au Jus

PIMENTO CHEESE BLT: \$8.50

Housemade Pimento Cheese, Applewood Smoked Bacon,
Pickled Green Tomato, Bibb Lettuce, Toasted Sourdough

CUBAN: \$9.25

Slow-Roasted Pork, Black Forest Ham, Baby Swiss,
Housemade Bread & Butter Pickles,
Roasted Poblano Dijon Mustard, Ciabatta

DESIGN YOUR OWN: \$9.50 (hot or cold)**BREADS:**

Baguette	Sourdough
Ciabatta	Whole Wheat Baguette
Gluten-Free Bread* (+ \$1)	Whole Wheat Wrap
Multigrain	

PROTEINS (select 1):

Applewood Smoked Bacon	Italian Meat Trio (+ \$2) (Ham/Salami/Mortadella)
Black Forest Ham	Pecan Chicken Salad
Dill Tuna Salad	Roasted Turkey
Herb Grilled Chicken	Sautéed Zucchini
House Hot-Smoked Salmon	Slow-Roasted Pork
Housemade Roast Beef	

CONDIMENTS:

Aioli, Alabama White Sauce, Apricot-Rosemary Marmalade, Artichoke Tapenade, Balsamic Vinaigrette, Black Pepper Mayo**,
Cherry Pepper Vinaigrette, Dijon Mustard, Fig Preserves, Pesto, Roasted Poblano Dijon, Whole Grain Mustard

*gluten-free sandwiches are prepared on same surface as those containing gluten

**contains raw egg ingredients-consuming raw or undercooked eggs could increase your risk of foodborne illness

CHEESES (select 1):

Aged Parmesan	Cheddar
Aged Provolone	Housemade Mozzarella
Baby Swiss	Housemade Pimento Cheese
Brie	Housemade Ricotta

TOPPINGS:

(select up to 3 + \$.50 for each additional item):

Arugula	Jalapeño Slaw	Shaved Red Onions
Avocado	Mixed Greens	Smoked Cremini Mushrooms
Baby Spinach	Pickled Green Tomatoes	Tomatoes
Bibb Lettuce	Pickled Red Onions	
B&B Pickles	Roasted Shallots	
Fresh Herbs	Roasted Tomatoes	

SALADS

THE GRAMERCY: \$10.95

Arugula, Roasted Chicken, Aged Gouda, Red & Black Quinoa, Toasted Almonds, Dried Cherries, Thai Basil, Balsamic Vinaigrette

THE SEATTLE CAESAR: \$10.95

Kale, Hot-Smoked Salmon, Shaved Parmesan, Tomato, Cucumber, Pumpernickel Croutons, Dill Caesar Dressing**

THE TOSCANA: \$9.95

Mixed Greens, Crispy Prosciutto, Shaved Parmesan, Vanilla Poached Pears, Shaved Fennel, Roasted Walnuts, Chianti Vinaigrette

THE FAR EAST: \$8.95

Spinach, Soy Roasted Tofu, Edamame, Red Bell Pepper, Fresh Carrots, Red Cabbage, Roasted Peanuts, Brown Rice, Sesame Ginger Vinaigrette

THE BUENA VISTA COBB: \$9.95

Spinach and Romaine, Roasted Chicken, Hard Boiled Egg, Avocado, Tomato, Red Onion, Candied Bacon, Corn, Blue Cheese Dressing

THE BAJA: \$8.95

Romaine, Cotija Cheese, Avocado, Corn, Tomato, Cucumber, Jicama, Pickled Red Onions, Pumpkin Seeds, Chipotle Lime Vinaigrette (add Citrus Grilled Shrimp +\$4)

DESIGN YOUR OWN: \$7.25

GREENS:

Arugula Romaine
Kale Spinach
Mixed Greens

PROTEINS:

Candied Bacon +\$1 Roasted Chicken +\$3
Citrus Grilled Shrimp +\$4 Seared Butcher Steak +\$4
Crispy Prosciutto +\$2 Soy Roasted Tofu +\$1
Hot-Smoked Salmon +\$5 Turkey Bacon +\$1

TOPPINGS:

(select up to 4 + \$.50 for each additional item):

Avocado +\$.50	Hard Boiled Egg	Roasted Peanuts
Brown Rice	Hazelnuts	Roasted Walnuts
Carrots	Jicama	Shaved Fennel
Corn	Pickled Red Onions	Strawberries
Croutons	Pumpkin Seeds	Toasted Almonds
Cucumbers	Red & Black Quinoa	Tomatoes
Dried Cherries	Red Bell Peppers	Vanilla Poached Pears
Dried Cranberries	Red Cabbage	
Edamame	Red Onions	

CHEESE:

Aged Gouda +\$1
Blue Cheese +\$1
Cotija Cheese +\$1
Feta Cheese +\$1
Goat Cheese +\$1
Shaved Parmesan +\$1

DRESSINGS:

Apple Cider Bacon Vinaigrette** - GF	Chipotle Lime Vinaigrette - GF/VEG/V	Pimento Ranch - GF/VEG
Balsamic Vinaigrette - GF/VEG	Dill Caesar** - GF	Sesame Ginger Vinaigrette - VEG
Blue Cheese	Fresh Lemon - GF/VEG/V	Truffled Champagne Vinaigrette - GF/VEG
Chianti Vinaigrette - GF/VEG/V	Lemon Vinaigrette - GF/VEG	

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PREPARED FOOD SELECTIONS

DAILY FEATURES

Our Chef prepares feature items daily, sample menu items listed below.

PLEASE NOTE THIS IS A ROTATING MENU AND NOT ALL ITEMS ARE OFFERED DAILY-PLEASE CALL FOR SELECTIONS OF THE DAY.

SMALL (*half-pint*)

1 SERVING

MEDIUM (*pint*)

2 SERVINGS

LARGE (*quart*)

4-5 SERVINGS

MAIN

CRISPY CHICKEN TENDERS

Hand-Cut & Breaded Chicken Breast

CHOICE OF SAUCE: Barbecue, Honey Mustard, Pimento Ranch, Ketchup

QUINOA VEGGIE CAKES

Red & Black Quinoa, Fresh Vegetables,

*Bread Crumbs, Served with Red Pepper Coulis - **VEG***

MARYLAND STYLE BAKED CRAB CAKES

Lump Crab Meat, Lemon, Mustard, Shallot, and Bell Pepper,

*Served with a Celery Aioli - **DF***

EGGPLANT PARMESAN

Layered Crispy Eggplant, Tomato Sauce, Ricotta,

*Mozzarella, and Romano Cheese - **VEG***

GRILLED CHICKEN BREASTS

Marinated Chef's Selection

(Call for Preparation of the Day)

CLASSIC ITALIAN LASAGNA

Housemade Italian Sausage & Ground Beef,

Layered with Ricotta, Mozzarella and Romano Cheeses, with Housemade Tomato Sauce

GRILLED EGGPLANT STACKS

Grilled Eggplant, Roasted Red Peppers, Fresh Mozzarella,

*Basil, Balsamic-Fig Reduction - **GF/VEG***

SAGE RUBBED PORK TENDERLOIN

*With Apricot Glaze - **GF/DF***

GRILLED HERB TURKEY BURGERS

Ground Turkey, Fresh Herbs, Bread Crumbs

SESAME GLAZED BEEF

*With Grilled Scallions - **DF***

BAKED THREE CHEESE MAC & CHEESE

Orecchiette Pasta, Swiss, Cheddar and Fontal Cheese

*Cream Sauce - **VEG***

SEARED SALMON FILETS

Chef's Selection

*(Call for Preparation of the Day) - **GF***

MEATBALLS

Chef's Selection

(Call for Preparation of the Day)

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ON THE SIDE

DAILY FEATURES

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ROASTED RATATOUILLE PASTA

Fusilli Pasta, Eggplant, Zucchini, Squash, Red Bell Pepper, Red Onion, Fresh Herbs, Tomato Vinaigrette - V

ASIAN TOFU

Scallions, Sesame Seeds, Sweet Chili Sauce - VEG

CAPRESE PASTA SALAD

Penne Pasta, Housemade Mozzarella, Grape Tomatoes, Red Onion, Basil, Balsamic Vinaigrette - VEG

WINTER PASTA SALAD

Strozzapreti Pasta, Nueske Ham, Cremini Mushrooms, Wilted Spinach, Shaved Parmesan Cheese, Thyme Crème Fraiche

MEDITERRANEAN SHRIMP SALAD

Poached Shrimp, Red Onion, Celery, Capers, Fresh Herbs, Preserved Lemon, Aioli - DF/GF

FALAFEL SALAD

Bulgar Wheat, Garbanzo Beans, Red Onion, Tomato, Cucumber, Cilantro, Parsley, Cilantro, Lemon Tahini Vinaigrette - V

GREEN BEAN AND FARRO ALMANDINE

Green Beans, Toasted Almonds, Red Onion, Fresh Herbs, Almond Aioli - V

"NAKED" KALE SALAD

Kale, Toasted Almonds, Dried Cranberries, Dried Blueberries, Aged Gouda, Grape Tomatoes, Lemon Vinaigrette - GF/VEG

ROASTED ASPARAGUS

Extra Virgin Olive Oil, Cracked Black Pepper, Sea Salt - GF/V

ROASTED CHICKEN & PECAN SALAD

Roasted Chicken Breast, Candied Pecans, Celery, Onion, Maple-Honey Mustard - GF/DF

ROASTED VEGETABLES

Chef's Selection - GF/V

TOASTED QUINOA AND CAULIFLOWER

Roasted Cauliflower, Toasted hazelnuts, Chickpeas, Arugula, Red Chili Cumin Vinaigrette - GF/V

LEMON TARRAGON PEA SALAD

Peas, Red Onion, Toasted Walnuts, Aged Provolone, Tarragon Aioli - GF/VEG

POTATO SALAD

Chef's Selection

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SOUPS

ALL SOUPS

ARE HOUSEMADE AND CHANGE DAILY.

SMALL (cup): \$4.00 LARGE (bowl): \$6.00

SUSHI ROLLS

HOLY CITY: \$10.95

Poached Shrimp, Pimento Cheese, Candied Pecans,
Pickled Green Tomatoes, Red Bell Pepper, White Rice, Spicy Mayo

SHRIMP PAD THAI: \$9.50

Poached Shrimp, Egg, Peanuts, Scallions, Cilantro,
White Rice, Pad Thai Sauce, Lime

TEMPURA SHRIMP: \$7.95

Tempura Shrimp, Spicy Mayo, White or Brown Rice

CRISPY CRAB & COCONUT: \$8.95

Coconut Fried Crab, Julienned Carrots, Scallions,
Daikon Radish, Brown Rice, Peanut Red Curry Sauce

SPICY CRAB: \$5.95

Spicy Crab, Snap Peas, Cucumber, White Rice, Spicy Chili Sauce

CALIFORNIA: \$7.95

Crab, Cucumber, Avocado, White or Brown Rice

CREOLE WHITE FISH: \$9.95

Blackened White Fish, Snap Peas, Shaved Jalapeño,
Red Bell Pepper, Roasted Tomato, Brown Rice, Asian Remoulade Sauce

SALMON CITRUS: \$6.95

Salmon, Snap Peas, Shaved Jalapeño, Cucumber, Cilantro,
White Rice, Lime Sauce

CUCUMBER & AVOCADO: \$5.50

Cucumber, Avocado, Citrus Cream Cheese,
Brown Rice, Sweet Soy Reduction

TOFU & VEGGIE: \$6.95

Soy Baked Tofu, Cucumber, Red Bell Pepper, Thai Basil, Brown Rice

SPICY TUNA: \$10.25

Spicy Tuna, Cucumber, White or Brown Rice

TUNA & AVOCADO: \$9.95

Tuna, Avocado, White or Brown Rice

SUSHI SIDES

VIETNAMESE SUMMER ROLL: \$5.00

Soy Baked Tofu, Bibb Lettuce, Carrots, Daikon Radish,
Asian Noodles, Roasted Peanuts, Thai Basil, Ponzu Dipping Sauce

CRISPY "SOUTHERN" CRAB WONTONS: \$4.50

Crab, Corn, Pimento Cheese, Green Tomato Chutney

CRISPY SHRIMP SPRING ROLL: \$4.00

Sauteéd Shrimp, Savoy Cabbage, Carrots, Bok Choy,
Sweet Chili Sauce

SEAWEED SALAD: \$6.95

Wakame, Cucumber, Sesame Vinaigrette

CHEESE & CHARCUTERIE BOARDS

CHEESE BOARD: \$13.50

Chef's Selection of Four Cheeses and Accompaniments.
Served with Crostini.

CHARCUTERIE BOARD: \$12.50

Chef's Selection of Charcuteries and Accompaniments.
Served with Crostini.

PIMENTO CHEESE PLATE: \$5.50

Housemade Pimento Cheese and Pickled Vegetables.
Served with Crostini.

ADDITIONS:

HOUSEMADE PIMENTO CHEESE | ARTISANAL CHEESES
HOUSEMADE ASSORTED DIPS | CURED IMPORTED MEATS