

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 UNTIL 11:30 AND SUNDAY UNTIL 1:00 PM

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 CROISSANT: \$4.00

HAM & CHEESE CROISSANT: \$4.00

ALMOND CROISSANT: \$4.25

ASSORTED MUFFINS: \$3.00

MUFFIN: \$3.25 GF

APPLE CAKELETTE: \$3.00 GF

SCONE (CHEF'S SELECTION): \$2.25

HOUSEMADE GRANOLA BAR: \$4.50 GF/DF

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

CHOCOLATE CHIP COOKIE: \$2.75

FEATURED COOKIE (ASSORTED FLAVORS): \$2.75

COCONUT MACAROON: \$3.00 GF

BLACK AND WHITE BROWNIE: \$3.00

PEANUT-PRETZEL BUTTERSCOTCH BAR: \$1.95

BUTTERSCOTCH BLONDIE: \$2.50

RASPBERRY LEMON BAR: \$3.25

STRAWBERRY PISTACHIO BAR: \$2.75

RED VELVET CUPCAKE: \$2.75

MONKEY BREAD: \$3.25

OFFERING DAILY DESSERT SELECTIONS IN OUR COLD CASE.

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	

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

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

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)

Because we prepare items fresh everyday and seasonally, some of the above may not be available 7 days a week.

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

ON THE SIDE

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.

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

Because we prepare items fresh everyday and seasonally, some of the above may not be available 7 days a week.

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

SOUPS

ALL SOUPS

ARE HOUSEMADE AND CHANGE DAILY.

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