

## 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 &amp; SUNDAY 8AM - 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 &amp; 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<br><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)<br>(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

## TOPPINGS:

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

|                |                    |                    |                       |                      |
|----------------|--------------------|--------------------|-----------------------|----------------------|
| Avocado +\$.50 | Dried Cranberries  | Red & Black Quinoa | Strawberries          | Aged Gouda +\$1      |
| Brown Rice     | Edamame            | Red Bell Peppers   | Toasted Almonds       | Blue Cheese +\$1     |
| Carrots        | Hard Boiled Egg    | Red Cabbage        | Tomatoes              | Cotija Cheese +\$1   |
| Corn           | Hazelnuts          | Red Onions         | Vanilla Poached Pears | Feta Cheese +\$1     |
| Croutons       | Jicama             | Roasted Peanuts    |                       | Goat Cheese +\$1     |
| Cucumbers      | Pickled Red Onions | Roasted Walnuts    |                       | Shaved Parmesan +\$1 |
| Dried Cherries | Pumpkin Seeds      | Shaved Fennel      |                       |                      |

## DRESSINGS:

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

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

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## CHEESE &amp; 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

## 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*)MEDIUM (*pint*)LARGE (*quart*)

1 SERVING

2 SERVINGS

4-5 SERVINGS

## MAIN

## CRISPY CHICKEN TENDERS

*Hand-Cut & Breaded Chicken Breast - DF*

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

## GRILLED CHICKEN BREASTS

*Chef's Selection Sauce / Rub (Call for Daily Preparation)*

## HERB GRILLED TURKEY BURGER

*Ground Turkey, Fresh Herbs, Bread Crumbs - DF*

## SLOW ROASTED PULLED PORK

*Mango Mustard BBQ Sauce - GF/DF*

## GRILLED FLANK STEAK

*Roasted Pablano Chimichurri - GF/DF*

## CRISPY ASIAN TOFU

*Sweet Chili Glaze - V*

## PIRI-PIRI CHARRED CAULIFLOWER "STEAK"

*Cilantro, Parsley, Paprika, North African Chermoula Sauce - GF/V*

## SEARED SALMON FILET

*Chef's Selection Sauce / Rub - GF (Call for Daily Preparation)*

## NORWEGIAN CURED SALMON

*Cold Smoked Salmon with Lemon and Capers - GF/DF/V*

## LOUISIANA SHRIMP CAKE

*Cajun Spice, Lemon Aioli*

## SOUTHERN TOMATO PIE

*Housemade Pimento and Aged Cheddar, Fresh Chives, Tomatoes - VEG*

## CLASSIC QUICHE LORRAINE

*Applewood Smoked Bacon, Swiss Cheese, Minced Onions*

## VEGGIE LASAGNA

*Herbed Ricotta, Spinach, Green Peas, Lemon Zest - VEG*

## TURKEY BOLOGNESE &amp; PASTA

*Ground Turkey Breast, Vegetables, Parmesan Cheese, Wide Noodle Pasta*

## SICILIAN STYLE MARGHERITA PIZZA

*Housemade Marinara and Mozzarella Cheese,  
Available by the slice - VEG*

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

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

## ON THE SIDE

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### 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 CHICKEN & PECAN SALAD

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

#### SOUTHWEST SHRIMP SALAD

*Citrus Shrimp, Red Onion, Jalapeño, Tomato, Corn, Cilantro, Mayo - GF*

#### DILL TUNA SALAD

*Minced Celery, Red Onion, Fresh Lemon, Dill Crème Fraiche - GF*

#### VEGAN "TUNA" SALAD

*Chickpeas, Minced Celery, Red Onion, Fresh Lemon, Dill, Vegan Mayo - GF/V*

#### CAPRESE PASTA SALAD

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

#### ASIAN NOODLE SALAD

*Udon Noodles, Carrots, Scallions, Bok Choy, Mushrooms, Miso Vinaigrette - VEG*

#### ORZO PASTA SALAD

*Feta, Cucumber, Parsley, Lemon Vinaigrette - VEG*

#### CRISPY BRUSSELS SPROUTS

*Sweet Chili Glaze - GF/V*

#### "NAKED" KALE SALAD

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

#### SEASONAL ROASTED VEGETABLES

*Chef's Selection - GF/V*

#### SUMMER RIBBON SALAD

*Shaved Zucchini, Cantaloupe, Crispy Prosciutto, Mint, Ground Black Pepper, White Wine Dijon Vinaigrette - GF*

#### GOLDEN BEET & RADISH SALAD

*Golden Beets, Radishes, Spring Onions, Goat Cheese, Tangerine with Local Honey-Thyme Vinaigrette - VEG/GF*

#### RED POTATO & GRILLED ASPARAGUS SALAD

*Broken Mustard Seed-Local Honey Vinaigrette - VEG/DF*

#### GRILLED EGGPLANT, MOZZARELLA & ROASTED RED PEPPERS

*Basil, EVOO, Aged Balsamic-Reduction - GF/VEG*

#### ROMAN STYLE GRILLED ARTICHOKE HEARTS

*Fresh Herb Marinade - V/GF*

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## SOUPS

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*All Soups are made in house and change daily.*

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