

## BREAKFAST

MON-FRI UNTIL 11:30AM

## THE SUNRISE SANDWICH: \$5.95

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

## LOX BAGEL: \$5.95

Dill Cream Cheese, Red Onion, Capers,  
Smoked Salmon (Choice of Bagel)

## RICOTTA TOAST: \$5.95

Ricotta Cheese, Apricot Rosemary Marmalade,  
Pistachios, Wheatberry Toast

## BREAKFAST BURRITO: \$5.95

Egg Whites, Black Beans, Cheddar Cheese, Avocado,  
Pico de Gallo, Whole Wheat Wrap

## DYO BREAKFAST SANDWICH: \$5.95

• Egg or Egg White                      • Cheddar or Swiss  
• Bacon or Ham                          • Bagel or Ciabatta  
Turkey Sausage +\$.75 | Croissant or Gluten-Free Bread +\$1

## BRUNCH

SATURDAY &amp; SUNDAY UNTIL 2PM

## CRISPY CHICKEN BUTTERMILK BISCUIT: \$10.00

Southern Fried Chicken Breast, Scrambled Egg, Aged Cheddar,  
Tasso Gravy, Buttermilk Biscuit with a side

## B.E.L.T.: \$10.00

Bacon Duo, Scrambled Egg, Arugula, Tomato, Black Pepper Aioli,  
Wheat Berry Toast with a side

## PROSCIUTTO &amp; FRIED EGG SANDWICH\*: \$10.00

Fried Egg, Crisp Prosciutto, Sauteed Spinach, Roasted Tomato  
Marmalade, Wheat Berry Toast with a side

## BRUNCH BURRITO: \$10.00

Scrambled Egg, Pork Green Chili, Gouda, Cheddar,  
Black Beans, Pico de Gallo, Smashed Avocado, Lemon Creme,  
Whole Wheat Tortilla with a side

## LEMON OATMEAL PANCAKES: \$10.00

Warm Cherry Compote

## À LA CARTE:

ADD EGG (Any Style): \$1.75 each

## SMOKED BACON: \$3.50

(Applewood, Jalapeño)

## BUTTERMILK BISCUIT &amp; TASSO GRAVY: \$4.50

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

\*Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness

## MATCHA CHIA PUDDING: \$5.95

Shaved Coconut, Toasted Cashews, Ginger Infused Honey (Grab & Go) **GF**

## TURMERIC MILK OVERNIGHT OATS: \$5.95

Raspberries, Chia Seeds, Pistachios, Served Cold (Grab & Go) **GF**

## HOUSEMADE OATMEAL: \$5.50

Roasted Granny Smith Apples, Cinnamon, Caramel, Served Hot

## YOGURT PARFAIT: \$5.50

Fresh Seasonal Fruit, Low-Fat Vanilla Yogurt, Granola (Grab & Go)

## TOASTED BAGEL: \$2.75

Add Cream Cheese +\$.75 Butter +\$.50 Jam +\$.50

## SEASONAL FRUIT: \$3.50

Seasonal Fruit and Berries (Grab & Go)

## QUINOA &amp; ROASTED VEGGIE BOWL\*: \$10.00

Quinoa, Beets, Sweet Potato, Radish, Celeriac,  
Lemon, Herbs, Fried Eggs

## SWEET POTATO &amp; KALE HASH: \$8.50

Sauteed Sweet Potatoes, Kale, Red Onion with Poached Eggs

## AVOCADO TOAST: \$8.00

Smashed Avocado, Cotija Cheese, Pickled Red Onion,  
Radish, Fresh Cilantro, Wheat Berry Toast  
(Add Egg + \$1.75 each) (Add Citrus Grilled Shrimp + \$4)

## OMELET FLORENTINE: \$9.50

Goat Cheese, Spinach, Roasted Tomatoes,  
Whole Eggs or Egg Whites with a side

## DYO PLATE: \$10.00

Two Eggs any Style, Choice of Bacon, Buttermilk Biscuit with a side

## SIDES:

## BUTTERMILK BISCUIT: \$2.75

## FRESH SEASONAL FRUIT: \$3.50

## JALAPEÑO BACON &amp; CHEDDAR GRITS: \$3.50

## PARMESAN FRIED POTATOES: \$3.50

## DINE IN & PICK UP MENU

# CAVIAR & BANANAS

GOURMET MARKET AND CAFE

### COFFEE by FROTHY MONKEY

	SMALL	LARGE
C&B Drip Coffee (Hot/Iced)	\$2.25	\$2.75
Cold Brew (Nitro by Switter's)	\$4.25	\$4.95
Latte (Hot/Iced)	\$3.75	\$4.50
Honey Latte (Hot/Iced)	\$4.50	\$4.75
Mocha Latte (Hot/Iced)	\$4.50	\$4.75
Caramel Latte (Hot/Iced)	\$4.50	\$4.75
White Mocha (Hot/Iced)	\$4.50	\$4.75
Americano (Hot/Iced)	\$2.75	\$3.75
Red Eye (Hot/Iced)	\$3.50	\$4.50
Espresso	\$2.50	\$3.25
Traditional Macchiato	\$2.75	\$3.50
Cappuccino	\$3.75	\$4.50
Café au Lait	\$2.50	\$3.00
Steamer	\$2.75	\$3.00
Hot Chocolate	\$3.50	\$4.25

### ADDITIONS

Flavor Shots	\$ .75
<i>Vanilla, Hazelnut, Pecan, Banana, Peppermint, Lavender</i>	
<i>Sugar-Free Vanilla, Sugar-Free Hazelnut, Sugar-Free Caramel</i>	
Espresso Shots	\$1.00
Soy/Coconut/Almond/Oat Milk	\$ .75
Agave Nectar Sweetener	\$ .75

### TEA BY FIREPOT

	SMALL	LARGE
Chai Tea Latte (Hot or Iced)	\$4.50	\$4.95
Matcha Green Tea Latte (Hot or Iced)	\$4.50	\$4.95
Classic Black Tea (Iced) (Unsweetened)	\$2.75	\$3.00
Hibiscus Ginger Tea (Iced)	\$2.75	\$3.00
House of Peace	\$2.75	\$3.00
<i>Relaxing Herbal Blend, Caffeine Free (Organic)</i>		
Cult of Flowers	\$2.75	\$3.00
<i>Hibiscus, Rose Blend, Caffeine Free (Organic)</i>		
Soul Revival	\$2.75	\$3.00
<i>Turmeric Chai with Black Tea, Fair Trade (Organic)</i>		
Elemental Energy	\$2.75	\$3.00
<i>Yerba Maté Green Tea Blend (Organic)</i>		
Illuminated Mind	\$2.75	\$3.00
<i>Matcha Covered Sencha (Organic)</i>		
Temple of the Sun	\$2.75	\$3.00
<i>Assam Black Tea, Fair Trade (Organic)</i>		

### C&B SPECIALS

Buchi Kombucha (On Tap)	\$4.75	\$6.50
<i>FIRE - Fresh Pressed Ginger &amp; Spices</i>		
<i>WATER - Elderberry, Coconut Water &amp; Blueberry</i>		
<i>AIR - Echinacea, Pineapple &amp; Mint</i>		
Organic Fruit Smoothie	\$4.75	\$5.50
C&B Chocolate Banana Smoothie	\$4.75	\$5.50

## BAKERY SELECTIONS

**BUTTER CROISSANT: \$4.00**

**CHOCOLATE CHIP COOKIE: \$3.00**

**CHOCOLATE CROISSANT: \$4.00**

**FEATURED COOKIE (Assorted Flavors): \$2.75**

**SAVORY CROISSANT (Chef's Selection): \$4.00**

**BLACK AND WHITE BROWNIE: \$3.00**

**ASSORTED MUFFINS: \$3.50**

**GLUTEN FREE MUFFIN: \$4.00**

**BUTTERSCOTCH BLONDIE: \$3.50**

**GLUTEN FREE CHOCOLATE CAKE: \$4.00**

**SCONE (CHEF'S SELECTION): \$3.50**

**COFFEE CAKE SLICE: \$2.50**

**CARROT CAKE: \$4.00**

**CINNAMON ROLL: \$4.00**

*Daily dessert features also available - call store location for details*

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

## SANDWICHES

GF Bread Available \$1

### TURKEY & BRIE: \$9.95

Roasted Turkey, Brie, Arugula, Shaved Red Onion,  
Apricot - Rosemary Marmalade, Toasted Wheat Berry Bread

### CAPRESE (served warm): \$8.50

House Made Mozzarella, Vine Ripe Tomatoes, Basil Pesto,  
Balsamic Vinaigrette, Ciabatta

### PIMENTO CHEESE BLT: \$9.50

Pimento Cheese, Applewood Bacon, Vine Ripe Tomatoes,  
Lettuce, Toasted Wheat Berry Bread

### CUBAN (served warm): \$9.50

Slow-Roasted Pork, Black Forest Ham, Baby Swiss, Dill Pickles,  
Roasted Poblano Mustard, Ciabatta

### BLACK & BLUE\* (served warm): \$10.50

Seared Steak, Gorgonzola, Caramelized Onions,  
Lettuce, Tomato, Horseradish Aioli, Baguette

### CALIFORNIA TURKEY WRAP: \$11.50

Roasted Turkey, Avocado, Applewood Bacon, White Cheddar,  
Lettuce, Tomato, Ranch, Wheat Wrap

### PESTO CHICKEN (served warm): \$10.95

Roasted Chicken, Parmesan, Roasted Red Pepper, Arugula, Basil  
Pesto, Roasted Garlic Aioli, Ciabatta

### GREEK CHICKEN WRAP: \$9.50

Roasted Chicken, Roasted Red Peppers, Cucumber, Spinach, Feta,  
Tzatziki, Olive Tapenade, Wheat Wrap

### PASTRAMI (served warm): \$10.95

Thin Cut Pastrami, Cheddar, Caramelized Onions, Pickles,  
Horseradish Aioli on Marble Rye

### FRENCH DIP (served warm): \$10.95

Roast Beef, Provolone, Caramelized Onions, Cremini Mushrooms,  
Roasted Garlic Aioli, Au Jus, Baguette

## SOUPS

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

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

## FLATBREADS

### CALIFORNIA CLUB: \$9.95

Ranch, Roasted Turkey, Diced Tomato, Apple Wood Bacon,  
Cheddar, Mozzarella, Avocado

### FOUR CHEESE: \$9.95

San Marzano Tomatoes, Mozzarella, Provolone, Romano, Parmesan

### ROASTED PEAR: \$9.95

Roasted Pear, Candied Walnuts, Blue Cheese, Gouda,  
Caramelized Onions, Mozzarella, Arugula

### NASHVILLE HOT CHICKEN: \$9.95

Oil and Garlic, Nashville Hot Chicken, Jalapeño Red Onion,  
Mozzarella, Pimento Cheese

### ROASTED ZUCCHINI: \$9.95

Basil Pesto, Roasted Zucchini, Cremini Mushrooms,  
Caramelized Onions, Roasted Red Peppers, Mozzarella

### DARK CHOCOLATE CAVIAR & BANANAS: \$9.95

Sliced Bananas, Caviar Shaped Chocolate, Caramel,  
Candied Walnuts, Vanilla Creme Anglaise

SALADS

**NASHVILLE HOT CHICKEN: \$9.95**

Romaine and Red Cabbage, Nashville Hot Chicken, Celery, Carrots, Hard Boiled Eggs, Diced Dill Pickles, Cheddar Cheese, Pimento Cheese Ranch

**KALE CAESAR: \$11.50**

Baby Kale and Romaine, Roasted Chicken, Tomato, Parmesan, Marble Rye Croutons, Hard Boiled Egg, Creamy Dill Caesar

**STEAK HOUSE WEDGE\*: \$9.95**

Red Cabbage and Romaine, Grilled Steak, Tomatoes, Bacon, Gorgonzola, Green Onions, Creamy Gorgonzola Dressing

**ITALIAN: \$11.50**

Arugula and Romaine, Kalamata Olives, Pepperoni, Red Onion, Pepperoncini, Fresh Mozzarella, Artichoke Hearts, Balsamic Vinaigrette

**SOUTHWEST: \$11.95**

Romaine, Cucumbers, Tomato, Pickled Onion, Corn, Pumpkin Seeds, Avocado, Jicama, Cojita Cheese, Chipotle Lime Vinaigrette

**C&B BRUSSELS (24oz serving): \$12.50**

Crispy Brussel Sprouts, Red Cabbage, Sliced Jalapeño, Shredded Carrots, Wontons, Sweet Chili Vinaigrette

**WALDORF: \$10.95**

Baby Kale and Romaine, Roasted Chicken, Red Apples, Grapes, Gorgonzola, Candied Walnuts, Creamy Celery Dressing

**COBB: \$11.95**

Romaine and Spinach, Roasted Chicken, Corn, Avocado, Candied Bacon, Egg, Tomato, Creamy Gorgonzola

**BBQ CHICKEN: \$10.95**

Romaine, Roasted Chicken, Corn, Black Beans, Fried Onions, Pepper Jack, Smoky BBQ Vinaigrette

**GREEK: \$11.95**

Romaine and Spinach, Roasted Chicken, Tomatoes, Garbanzo Beans, Pepperoncini, Feta, Kalamata Olives, Pita Chips, Tzatziki Dressing

**BUILD YOUR OWN \$9.50**

Includes 4 Toppings. Additional Toppings \$.50 each. [Proteins and Cheeses Additional]

GREENS:

Arugula Romaine  
Baby Kale Spinach  
Red Cabbage

PROTEINS:

Roasted Chicken +\$3  
Nashville Hot Chicken +\$3  
Avocado +\$1.50  
Seared Butcher Steak +\$4  
Pepperoni +\$2  
Cilantro Lime Grilled  
Shrimp +\$4  
Fried Tofu +\$2

TOPPINGS:

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

Artichoke Hearts  
Avocado +\$.50  
Brown Rice  
Candied Walnuts  
Carrots  
Celery  
Corn  
Crispy Brussels  
Croutons  
Cucumbers  
Diced Dill Pickle  
Fried Onions  
Garbanzo Beans  
Hard Boiled Egg  
Jicama  
Kalamata Olives  
Pepperoncini  
Pickled Red Onions  
Pita Chips  
Pumpkin Seeds  
Red Cabbage

CHEESE:

Gorgonzola +\$1  
Fresh Mozzarella +\$1  
Cotija +\$1  
Shaved Parmesan +\$1  
Cheddar +\$1  
Pepper Jack +\$1  
Feta +\$1

DRESSINGS:

Balsamic Vinaigrette **GF/VEG**  
Creamy Gorgonzola  
Pimento Ranch **GF/VEG**  
Dill Caesar **GF**  
BBQ Vinaigrette  
Chipotle Lime **GF/VEG/V**  
Creamy Celery Vinaigrette  
Tzatziki  
Oil & Vinegar **GF/VEG/DF**

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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*)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) - **GF***

## HERB GRILLED TURKEY BURGER

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

## CRISPY ASIAN TOFU

*Sweet Chili Glaze - **GF/V***

## SEARED SALMON FILET

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

## ON THE SIDE

## ROASTED CHICKEN &amp; PECAN SALAD

*Roasted Chicken Breast, Candied Walnuts, Celery, Onion,  
Maple-Honey Mustard - **GF***

## DILL TUNA SALAD

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

## CAPRESE PASTA SALAD

*Penne Pasta, Mozzarella, Grape Tomatoes, Red Onion,  
Basil, Balsamic 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***

## OVEN ROASTED ASPARAGUS

*Olive Oil, Salt, Cracked Black Pepper - **GF/V***

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

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## WINE BAR

*Selections May Change Weekly*

### ARCHER ROOSE PROSECCO: \$8.00

*(Italy) 70% Tre bbiano, 25% Garganega, 5% Sauvignon Blanc, Frothy and fruity with starfruit effervescence.*

### SUMMER WATER ROSÉ: \$9.00

*(CA) (WE 88) Aromas of raspberry and melon. Flavors of watermelon, strawberry and tangerine.*

### RYDER ESTATE CABERNET: \$7.00

*(CA) (WS 95) Aromas of ripe cherry, currant and dark chocolate. Fruit forward with notes of blueberry, blackberry and vanilla.*

### A TO Z WINeworks CHARDONNAY: \$8.00

*(OR) (WE 90) Aromas of nutmeg and honey. Unoaked and bursting with lingering flavors of green apple, citrus and lemon curd.*

### J VINEYARDS PINOT GRIS: \$8.00

*(CA) (WE 87) (Tap) Aromas of spearmint, minerals and melon. Ripe and tangy Honeycrisp apple notes.*

### MIMOSA or BELLINI: \$8.00 | \$24.00 (carafe)

### YAY FROSÉ! (Frozen Rosé): \$8.00 | \$24.00 (carafe)

## CRAFT BEER ON TAP

*Selections May Change Weekly*

### JACKALOPE BEARWALKER MAPLE BROWN: \$6.00

*Nashville (ABV 5.1%)*

### BEARDED IRIS, HOMESTYLE IPA: \$7.00

*Nashville (ABV 6%)*

### DISKIN CIDERY, 615 FRUIT TEA CIDER: \$6.00

*Nashville (ABV 5.0%)*

### TAILGATE, PEANUT BUTTER MILK STOUT: \$8.00

*Nashville (ABV 6.2%)*

### SMITH & LENTZ, GERMAN PILSNER: \$6.00

*Nashville (ABV 5.0%)*