## Smoothies

<table>
<thead>
<tr>
<th>Smoothie Style</th>
<th>Small</th>
<th>Large</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BANANAS, NO CAVIAR</strong></td>
<td>$2.75</td>
<td>$3.25</td>
</tr>
<tr>
<td>Bananas, Spinach, Peanut Butter, Vanilla Yogurt, Whole Milk</td>
<td></td>
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</tr>
<tr>
<td><strong>THE GREEN WAY</strong></td>
<td>$3.00</td>
<td>$3.50</td>
</tr>
<tr>
<td>Bananas, Spinach, Kiwi/Pear/Apple/Orange Puree, Almond Milk, Natalie’s Orange Juice</td>
<td></td>
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<tr>
<td><strong>TROPICAL TWIST</strong></td>
<td>$4.75</td>
<td>$5.50</td>
</tr>
<tr>
<td>Bananas, Pineapple/Strawberry/Mango Puree, Coconut Water, Natalie’s Orange Pineapple Juice</td>
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</tr>
</tbody>
</table>

## Coffee & Tea

### C&B Drip Coffee
- SMALL: $2.75
- LARGE: $3.25

### C&B Iced Coffee
- SMALL: $3.00
- LARGE: $3.50

### Café Latte (Hot/Iced)
- SMALL: $3.95
- LARGE: $5.00

### Cappuccino
- SMALL: $3.95
- LARGE: $5.00

### Chai Latte (Hot/Iced)
- SMALL: $4.75
- LARGE: $5.50

### Matcha Latte (Hot/Iced)
- SMALL: $5.00
- LARGE: $6.00

### Café Americano (Hot/Iced)
- SMALL: $2.90
- LARGE: $3.90

### Café Au Lait
- SMALL: $3.05
- LARGE: $3.90

### Hot Chocolate
- SMALL: $3.65
- LARGE: $4.05

### Frappé
- SMALL: $5.00
- LARGE: $6.00

### Organic Iced Tea by Teatulia
- **Signature Black**
  - SMALL: $3.00
  - LARGE: $3.50
- **Hibiscus Berry** (Herbal)
  - SMALL: $3.00
  - LARGE: $3.50

### Organic Hot Tea by Teatulia
- Teatulia Black, Teatulia Green, Mint, Hibiscus Berry, Earl Grey, Chamomile
  - SMALL: $3.00
  - LARGE: $3.50

### On Tap by Riptide
- **Nitro Cold Brew**
  - SMALL: $5.00
  - LARGE: $6.00
- **Organic Costa Rican Nitro**
  - SMALL: $5.00
  - LARGE: $6.00

### Fresh Smoothies
- **Organic Costa Rican Nitro**
  - PRICE: $7.50

### Add Ons
- **Espresso Shot**
  - PRICE: $1.50
- **Flavored Syrups**
  - PRICE: $0.85
- **Flavored Sauces**
  - PRICE: $1.00
- **Soy, Oat, or Almond Milk**
  - PRICE: $1.00
## Breakfast

**Served from 7am - 11am**

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

| Extra Toppings ($0.75): | Tomato, Cucumber, Pico de Gallo, Kale Pesto, Avocado Smash (+$1.50) |

**Price:** $8.50

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

**Price:** $6.50

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

**Price:** $13.00

### Sunrise
- Ciabatta, Egg White, Swiss, Housemade Turkey Sausage, “Everything Spiced” Kale Pesto

**Price:** $8.00

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

**Price:** $7.50

### Local Bagel
- Provided by Ruby’s Bagels

- **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

**Price:** $2.75

### Oatmeal
- Choice of Plain or Caramelized Apples with Cinnamon

**Price:** $4.75

### Yogurt Parfait
- Low Fat Vanilla Yogurt, Granola, Berries

**Price:** $6.75
# Salads

## The C & Beet

- Mixed Greens, Golden Beets, Goat Cheese, Shaved Fennel, Toasted Walnuts, Dried Blueberries, Lemon Vinaigrette
- $13.00

## The Levant

- Romaine, Baby Spinach, Falafel Croutons, Feta, Diced Tomato, Kalamata Olives, Diced Cucumber, Shaved Red Onion, Lemon Dill Dressing
- $13.00

## The Lowcountry Shrimp Caesar

- Romaine, Grilled “Crab Spiced” Shrimp, Aged Parmesan, Cornbread Croutons, Roasted Corn, Pickled Okra, Roasted Tomato Caesar
- $14.50

## The Gramercy

- Herb Grilled Chicken, Baby Arugula, Aged Gouda, Dried Cranberries, Tri Color Quinoa, Toasted Almonds, Balsamic Vinaigrette
- $14.50

## The Baja

- Romaine, Cotija Cheese, Roasted Corn, Jicama, Diced Cucumbers, Pickled Red Onion, Toasted Pepitas, Chipotle Lime Vinaigrette
- $13.50

## Design Your Own Salad

**Choice of Greens:**
- Romaine, Mixed Greens, Baby Arugula, Baby Spinach

**Choice of Toppings (Choose 4):**
- Golden Beets
- Shaved Fennel
- Toasted Walnuts
- Chickpeas
- Toasted Pepitas
- Dried Cranberries
- Diced Tomato
- Diced Cucumber
- Shaved Red Onions
- Kalamata Olives
- Roasted Corn
- Tri-Colored Quinoa
- Pickled Okra
- Pickled Red Onion
- Jicama
- Cornbread Croutons
- Diced Egg

**Premium Toppings:**
- Avocado (+$1.50)
- Roasted Walnuts ($1)
- Dried Blueberries ($1)
- Toasted Almonds ($1)
- Bacon Crumbles ($2)
- Asian Fried Tofu ($2)
- Falafel Croutons ($2)
- Herb Grilled Chicken ($5)
- Cold Smoked Salmon ($6)
- 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
Herb Grilled Chicken, Aged Provolone, Baby Spinach, Sliced Tomato, Shaved Red Onion, Basil Pesto, Balsamic Vinaigrette, Whole Wheat Wrap (served cold)  
$11.00

### THE CARADONNA
Roast Beef, Aged Provolone, Arugula, Drunken Tomato Relish, Pepperoncini Aioli, French Baguette (served hot)  
$12.00

### THE FEISTY FEATHER
Smoked Turkey, Aged Gouda, Arugula, Drunken Tomato Relish, Roasted Chili Aioli, Pressed on Ciabatta  
$11.00

### THE PARISIENNE
Black Forest Ham, Brie, Arugula, Whipped Herb Butter, Toasted French Baguette  
$10.50

### THE CAPRESE
Sliced Tomato, Fresh Mozzarella, Basil Pesto, Balsamic Vinaigrette, Pressed on Ciabatta  
$10.50

### THE USUAL
Smoked Turkey, Brie, Arugula, Shaved Red Onion, Rosemary Apricot Marmalade, Toasted Wheat Bread  
$11.00

### THE AZTEC
Herb Grilled Chicken, Sharp Cheddar, Bibb Lettuce, Dill Pickles, Chipotle Aioli, Pressed on Sourdough  
$10.50

### 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

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

COCONUT BAR $6.50

ADDITIONAL TOPPINGS + $.75

Whipped Cream
Chocolate Sauce
Sprinkles

MILKSHAKES $7.00
Choice of flavor

FROSE $12.00