

EATS

BREAKFAST [7-11]

SAUSAGE & SYRUP BAGEL 9.99

pork sausage patty, maple syrup, gouda, egg, plain bagel

BACON & EGG BAGEL 9.99

bacon, egg, cheddar cheese, avocado aioli, everything bagel

CALI BAJA WRAP 10.99

honey turkey, bacon, swiss cheese, avocado, sriracha aioli, egg, plain wrap

BREKKY BURRITO 10.99

housemade rice and beans, egg, salsa verde, provolone, spinach, tomato, plain wrap

VEGAN SAMMY VG 10.99

seasoned tofu scramble, vegan sausage, vegan mayo, spinach, ciabatta

- AVAILABLE ALL DAY -

FRUIT & YOGURT PARFAIT

with honey and almonds

7.99

MUFFINS

rotating selection

4

BAGELS

everything, plain

2.5

+ cream cheese (.50)

+ whipped bacon cream cheese (1)

SALADS [11-7]

Half Salad

8.99

Whole Salad

13.99

add grilled chicken breast (6) or vegan sausage (4) or salmon (5)

MARKET DAY

spinach, arugula, grilled corn kernels, chopped parsley & cilantro, toasted sunflower seeds, pickled red onion, prosciutto vinaigrette

CHEF'S SALAD

spring mix, diced red onion, cherry tomato, cucumber, croutons, shaved parmesan, Italian dressing

PESTO CAESAR

chopped romaine & kale, cucumber, croutons, shaved parmesan, pesto caesar dressing

HOT PANINI & WRAPS

[11-7]

14.99

CHOOSE YOUR SIDE: BAG OF CHIPS, PASTA SALAD OR CUP OF SOUP (2.00)

GLUTEN FREE BREAD OPTION AVAILABLE (2.00)

SUBSTITUTE VEGAN SAUSAGE (3.00)

THE BASIC PANINI

chicken, bacon, cheddar cheese, avocado aioli, ciabatta

B.A.L.T PANINI

bacon, avocado, tomato, spinach, buffalo aioli, sourdough

AUTUMN HARVEST

cumin roasted sweet potato & cauliflower, red onion, tomato citrus salad, vegan mayo, spinach, spinach wrap

TURKEY MELT

smoked turkey, dijon mustard, caramelized onion, swiss, house-made pickles, sourdough

CBR WRAP

chicken, bacon, ranch, buttered bread crumbs, velveeta, spinach, plain wrap

DELI STYLE SANDWICHES & WRAPS

LOADED HOAGIE

ham, salami, provolone, Italian seasoned tomato, spinach, red onion, sub sauce, hoagie roll

ASH'S GARDEN VG

spiced red pepper hummus, pickled carrot, banana pepper, avocado, cherry tomato, flowering kale, tahini, spinach wrap

FAR-OUT SALMON WRAP

house smoked salmon, mixed greens, cucumber, tomato, avocado, lemon dill aioli, spinach wrap

SOUP OF THE DAY

[11-7]

CUP 3.99

BOWL 5.99

DRINKS

COFFEE AND ESPRESSO

BREWED HOUSE COFFEE

2.5/3/3.5

AMERICANO

3/3.5/4.5

CAFE LATTE

4.5/5/6.5

CAPPUCINO

4.5/5/6.5

ESPRESSO

3

ESPRESSO MACHIATTO

3.5

ESPRESSO CON PANNA

3.5

HOUSE COLD BREW

4.5/5/5.5

5

COLD & BLENDED

MANGONADA

coconut milk, mango, agave, turmeric chili spice

7

STRAWBERRY BANANA

whole milk, strawberry, banana, agave

7

GREEN MACHINE

coconut milk, mango, spinach, agave

7

PROTEIN BONANZA

almond milk, banana, peanut butter, cocoa powder

7

POTOSI ROOT BEER

2.5

PINEAPPLE JUICE

3

ORANGE JUICE

3

MILK

3

RISHI TEA

3.5

BLACK TEA

Earl Grey
English Breakfast
Vanilla Bean

GREEN TEA

Blue Jasmine
Orange Blossom
Wild Thai

OOLONG TEA

Tropical Coconut



the **Buzz.**

SEASONAL & SPECIALTY

NUTELLA LATTE

chocolate, hazelnut, espresso & milk

5/6/7

HONEY BEE LATTE

honey, espresso & milk

5/6/7

BLUEBERRY LAVENDER LATTE

housemade blueberry & lavender syrup,
espresso & milk, topped with lemon sugar

5/6/7

FRENCH TOAST LATTE

housemade brown butter maple syrup,
espresso & milk, topped with cinnamon sugar

contains dairy

5/6/7

KEY LIME PIE MATCHA

Rishi sweet matcha powder, white chocolate,
fresh lime juice, seltzer water

5/6/7

HONEY ROSE LATTE

housemade honey rose syrup, espresso &
milk

5/6/7

SWEET MATCHA LATTE

Rishi matcha powder, milk

5/5.5/6.5

CHAI LATTE

Rishi chai concentrate, milk

5/5.5/6.5

ICED GREEN TEA

Rishi Iced green tea, ask us to add lemonade
(.50)

2.5/3/3.5

HERBAL

Chamomile Medley
Mystic Mint
Cinnamon Tulsi

WHITE TEA

White Peony
Peach Blossom
White Tea Rose Melange

PU-ERH

Ginger