

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, buffalo 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)

SALADS [11-7]

Half Salad Whole Salad
8.99 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

BEEF N' BELLS

sliced roast beef, fajita veggies &
mushrooms, swiss, spinach, horseradish
mayo, hoagie roll

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

ORANGE JUICE

3

MILK

3

RISHI TEA

3.5

BLACK TEA

Earl Grey
English Breakfast

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