

## BREAKFAST

Served all day!

All wraps can be made gluten-free for \$.75.

### Breakfast Burrito \$8

Soy chorizo, black beans, potatoes, corn, plant-based shredded cheese, green onion, cilantro lime crema, and salsa. **Vegan.**

### Breakfast Wrap \$6

Flour tortilla, scrambled eggs, cheddar cheese, red pepper, spinach and mango pepper sauce. Panini style grilled. **Vegetarian.**

### Vegan Breakfast Wrap \$6

Flour tortilla, baked tofu, plant-based cheddar cheese, red pepper, spinach and mango pepper sauce. Panini style grilled. **Vegan.**

#### Add ons:

Turkey sausage +\$1.00      Green onion +\$.25  
Soy chorizo +\$1.00      Extra Sauce +\$.50  
Roasted sweet potato +\$.50

### Bagels \$3.50

Plain, Everything, or Cinnamon Raisin. **Vegan.**

#### Add a spread:

Butter +\$.50      Nutella +\$1.00  
Cream cheese +\$1.00      Vegan cream cheese +\$1.00  
Herb cream cheese +\$1.00      Vegan herb cream cheese +\$1.00  
Peanut butter +\$1.00      Hummus +\$2.00

### PB&J Banana Toastie \$5

Peanut butter, cranberry jam, and banana on toasted sourdough bread.

## SALADS

### Spinach Salad \$4 side \$7 full

Fresh spinach with roasted sweet potatoes, red pepper, green onion, and pine nuts with housemade lemon-basil dressing. **Vegan.**

### Edamame Kale \$4 side \$7 full

Shelled edamame, kale, red cabbage, pecans, green onions, carrots, red pepper, fresh basil, pine nuts and a red wine vinaigrette. **Vegan.**

### Taco Salad \$5 side \$9 full

Fresh spinach, black beans, corn, green onion, mozzarella, and soy chorizo, topped with tortilla chips and served with housemade cilantro lime crema and salsa. **Vegetarian.** Vegan option available.

# PLATE 21

## SANDWICHES

*Chips included - choice of Plain or Buffalo*

*All sandwiches can be made gluten-free for \$2.*

### Chicken Pesto Panini \$11

Diced chicken breast, house pesto with pine nuts, mozzarella & parmesan cheese, tomato, spinach, and balsamic glaze. Grilled on sourdough.

### Tofu Pesto Panini \$10

Baked tofu, house pesto, tomato, spinach, vegan herbed cream cheese, and balsamic glaze. Grilled on sourdough. **Vegan.**

### Grilled Cheese Panini \$8

Cheddar, tomato, green onion, fresh basil, and herbed cream cheese. Grilled on sourdough. **Vegetarian.** Vegan option available.

### Vegan Grilled Cheese Panini \$8

Vegan cheddar, tomato, green onion, fresh basil, and vegan herbed cream cheese. Grilled on sourdough. **Vegan.**

### Turkey Bagel \$8.50

Toasted everything bagel, roasted turkey breast, cheddar cheese, spinach, tomato, green onion, and herbed cream cheese. Vegan or vegetarian option available.

## WRAPS

*Chips included - choice of Plain or Buffalo*

*All wraps can be made gluten-free for \$.75.*

*All wraps can be panini grilled by request.*

### Turkey Wrap \$9.50

Roasted turkey breast, cheddar cheese, herbed cream cheese, spinach, and green onion on a spinach tortilla with cranberry sauce.

### Garden Veggie Wrap \$8.50

Sun-dried tomato tortilla with hummus, red cabbage, green onion, red pepper, roasted sweet potatoes, spinach, kale, pine nuts, walnuts, tomato, edamame, and housemade lemon-basil dressing. **Vegan.**