

breakfast

breakfast burrito **\$4.50**

organic eggs, black beans, green peppers, fresh tomatoes, shallots, cheddar colby and monterey jack cheese with a chipotle hot sauce in spelt wrap.

breakfast burrito (no cheese) **\$4.50**

organic eggs, black beans, green peppers, fresh tomatoes, shallots with a chipotle hot sauce in spelt wrap.

breakfast burrito w/ avocado **\$4.95**

organic eggs, black beans, green peppers, fresh tomatoes, shallots, avocado with a chipotle hot sauce in spelt wrap.

breakfast burrito with turkey bacon **\$4.95**

organic eggs, black beans, applegate turkey bacon, green peppers, fresh tomatoes, shallots, cheddar cheese, colby cheese, monterey jack cheese chipotle hot sauce in a spelt wrap.

breakfast panini **\$4.95/ea**

organic eggs, applegate sunday bacon, and cheddar cheese on eli's whole wheat bread.

breakfast tacos **\$3.95/ea**

organic eggs, black beans, fresh tomatoes and cheese

breakfast yogurt parfaits **\$8.95/32oz**

organic low fat yogurt with organic fresh mixed berries and granola

organic steel cut (irish) oatmeal \$3.95/12 oz / \$5.25/16oz

choice of toppings: walnuts, raisins, toasted coconut, agave, maple syrup and cinnamon

muffins

made daily, always different, always organic ingredients! \$2.25 each

monday

blueberry oat

tuesday

mixed berry corn

wednesday

baker's choice

thursday

zucchini nut

friday

baker's choice

saturday

country carrot

sunday

raspberry bran

scones

made daily, always different, always organic ingredients! \$2.75 each

monday

orange chocolate chip

tuesday

maple oat

wednesday

apricot pecan coconut

thursday

blueberry lemon

friday

apple cinnamon

saturday

mocha chocolate chip

sunday

orange cranberry

coffee bar

choice of organic dairy and non dairy creamers, sugar in the raw, agave nectar, stevia, honey. we use an 8 stage water filtration system

organica cold-brewed coffee

small... \$3.25

med... \$4.25

large.. \$5.95

lemonade & iced tea

small... \$2.49

med... \$2.95

large.. \$3.95

hot tea

\$1.50