

Breakfast

- **Bagels** (plain, whole wheat, everything)
 - Lite Cream Cheese or tofutti \$2.25
 - Local Bobbi's Garden White Bean Spread (V) \$2.75
 - Veggie Cream Cheese \$2.75
 - Add Lox \$3.00
 - Add cuc, tom, onion \$.25/ea
 - Add avocado \$1.50
- **Bagel with Local Spread \$4.50**
 - PB and Local Blackberry Jelly
 - PB or Cream Cheese and Local Apple or Pumpkin Butter
- **Quinoa Breakfast** Warm Cereal with almond milk, cinnamon, sliced almonds, shredded coconut, dried cherries and granola \$6.50
- **Greek Yogurt or Local Yogurt** with granola and seasonal fresh or dried fruit \$6.50
- **Local, Cage Free Eggs**
 - **Frittata Du Jour** with roasted potatoes \$7.95 Veggie \$8.95 Chicken Sausage
 - **Two Eggs** with toast and roasted potatoes \$7.95
 - With local bacon/turkey bacon 9.95
 - With Local Chicken Sausage \$10.95
 - **Skillet Eggs** 2 eggs (scrambled or fried) choice of cheese and two toppings (served with toast or potatoes) \$9.95
 - *extra veg. are \$.75/ea
 - Roasted tomatoes, roasted peppers, mushrooms, caramelized onions, kale, arugula
 - **BELT** Local Bacon, lettuce, tomato with an egg and roasted red pepper mayo on toast
 - **Egg and Local Cheese Panini or Bagel** \$6.50
 - **Egg, Roasted Red Pepper, mozzarella or goat cheese, and pesto Panini** \$7.50
 - **Bacon (or turkey bacon), Egg and Local Cheese Panini or Bagel** \$7.50
 - **Egg, Local Smoked Cheddar and Roasted Tomato Panini** \$7.50

*add egg whites \$1.00 extra
*add avocado \$1.50 extra
*side of bacon/turkey bacon or chicken sausage \$3.50
*side of roasted potatoes \$3.00

Salads

- **Café Salad:** Spring Mix, dried cherries, blue cheese, walnuts, balsamic Dijon dressing \$7.95
- **Mediterranean:** Baby Arugula, white beans, roasted tomatoes, kalamata olives, artichoke hearts, cucumber and choice of feta, goat or mozzarella, lemon thyme dressing \$8.95
- **Market Salad:** Seasonal Veggies with your choice of grain salad on top 9.95
*Add Chicken, Chicken Salad or Tuna Salad for \$ 3.00

Sandwiches

- **Curry Chicken Salad:** light red pepper mayo, arugula \$7.50
- **Dill Chicken Salad:** cucumber, arugula \$7.50
- **Tuna Salad:** dried cranberries, local apples, arugula \$6.50
 - Add cheese: \$.50
 - Add apple \$.50
- **Roasted Turkey & Goat Cheese:** goat cheese or mozzarella, balsamic, arugula, roasted tomato \$7.75
- **California Roasted Turkey** with cucumbers, red onion, roasted tomato, arugula, avocado & hummus \$8.00
 - Add bacon or turkey bacon \$8.50
- **Roasted Turkey Breast (\$7.75) or Roast Beef * (\$8.50):** Blue Cheese, Local Orange Cranberry Dijon Spread, arugula
- **Café Roast Beef*:** local horseradish Dijon spread, caramelized onions, fresh tomato, arugula \$8.50
- **Hummus Spread:** oven roasted tomatoes, cucumber, arugula \$7.00
 - With Turkey \$7.75
 - Add avocado \$1.50
- **Local Cheddar and Apple:** sharp cheddar or smoked cheddar with local apple slices and whole grain mustard blend \$6.50
 - With bacon or turkey bacon \$8.00
 - With Turkey \$7.75
- **Local Bacon, Lettuce and Tomato:** light roasted red pepper mayo \$7.00
 - With Turkey: \$8.50
 - Add local cheddar: \$.50
 - Add avocado: \$1.50
- **Local PB and Black Raspberry Jelly** \$4.50
- **Local PB with fresh apple and apple butter** \$6.00

Panini

- **Tuna Salad** (cranberry and apple) w/ cheddar \$7.50
- **Seasonal pesto** with roasted tomatoes and local goat cheese or mozzarella \$7.50
 - With Turkey \$8.50
 - With Chicken \$8.50
- **Chicken Cutlet** with seasonal pesto, caramelized onions, sharp provolone or mozzarella, greens and roasted long hots \$8.50
- **Smoked Cheddar (with chicken, turkey or roast beef)** with caramelized onions, roasted tomatoes and arugula \$8.50
- **Turkey or Roast Beef and Gorgonzola** with caramelized onions, roasted tomato and arugula \$8.50
- **Local mushroom** with pesto, roasted tomato, goat cheese or mozzarella, and caramelized onions \$7.50
 - Add Chicken \$8.50
 - Add Turkey \$8.50
- **Quinoa Veggie Burger** with roasted red peppers and mushrooms \$7.50
 - Add Cheese \$.50
- **Three Cheese Melt** \$7.50
 - Choice of sharp cheddar, smoked cheddar, farmers cheese, gorgonzola, goat cheese, mozzarella, sharp provolone
 - Add pesto \$.50
 - Add tomato \$.50

*Consuming raw or undercooked meats or eggs may increase your risk of food borne illness.