

## **EAT WELL**

## **BREAKFAST**

## **LIVE BETTER**

## HOMEMADE IS SIMPLY BETTER

## <u>BREAKFAST</u> Add Fruit to any Breakfast for 2.75

#### **Baked Frittata (Italian Omelet)**

Ham & Cheese, or Spinach Frittata served with whole grain toast or fresh baked English muffin. (-GF-)
7.60

### **Sausage Crepes**

Two crepes filled with sausage, onions, cream cheese & marjoram, topped with sour cream and tomatoes. Served with whole grain toast or fresh baked English muffin.

8.00/4.00 single

#### **Breakfast Panini**

Toasted whole grain bread, egg, spinach, cheddar and provolone cheese with pesto mayo. Grilled to perfection!

8.00

Add ham or bacon 3.00

#### **Hot Oatmeal Bake**

Oatmeal mixed with dried fruit and nuts topped with cinnamon and nutmeg, served hot with yogurt. Served with whole grain toast or fresh baked English muffin.

7.20

#### Bacon, Ham, Potato Burrito

Yukon gold potato's, bacon, black forest ham, cheddar, spinach, onion and bell pepper wrapped in 13" tortilla. Served with salsa and sour cream. (Available -GF- Teff Wrap)

9.30

#### **Toasted Breakfast Bagel**

Black Forest ham, cream cheese, cheddar, tomatoes and onion on a toasted bagel.

8.00

## **Bagel and Cream Cheese**

Fresh baked Bagels and Cream cheese. 5.00

## **Three Basic Principles:**

- 1. We agree to always make the best food we can.
- We agree that if costs go up we won't cut the quality of ingredients to compensate.
- 3. We agree that we will not cut our portions sizes

# Real Fruit Smoothies Made fresh with organic juice, fruit and berries. 4.75

#### Fiesta

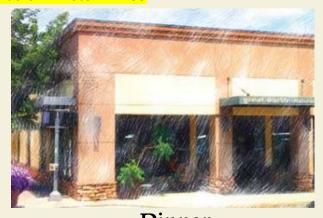
Apple juice, strawberries, mango & pineapple. **High Desert Sunrise** 

Orange juice, banana, pineapple & mango.

Very Berry

Apple juice, blueberries & strawberries.

Add on: Protein 1.55



## <u>Dinner</u> Take out or dine in

Enjoy a daily rotation of entrées including innovative casseroles and other hearty selections. Our menu changes with the season, allowing us to take advantage of the freshest, local ingredients.

## Made to order Sandwiches Served with chips

#### **Veggie Sandwich**

Cream cheese, avocado, artichoke hearts, cucumber, mixed organic greens, tomato and onion on sunflower millet bread. sunflower seeds optional 10.25 whole/ 8.25 half

#### **Chicken Pesto**

Fresh baked chicken breast, provolone cheese, onion, lettuce, tomato and house made pesto mayo on sunflower millet bread. 11.00 whole/ 9.00 half

#### **Classic Ham and Cheese**

Black forest ham piled on whole grain honey whole wheat bread, cheddar cheese, swiss cheese, lettuce, onion, tomato, mayo and brown mustard.

11.00 whole / 9.00 half

#### The Dakota

Turkey breast, havarti cheese, mayo, green leaf lettuce and tomato on harvest 5-seed bread.

11.00 whole / 9.00 half

#### **Black Bean Burger**

Vegetarian black bean burger heated in pocket bread with cheddar cheese, tomato, red onion, avocado, lettuce and house made pesto mayo (Gluten-Free not available)

11.75 whole / 9.75 half

#### The New Yorker

Center-cut Pastrami, Swiss, lettuce, onion, tomato, spicy pickle and horseradish sauce on harvest 5-seed bread.

11.00 whole / 9.00 half

#### **Chicken Peanut Wrap**

Chicken, peanuts, curry seasoning, cilantro, red bell pepper, lettuce, mayo and provolone cheese wrapped in a whole wheat tortilla.

(Gluten Free-Teff wrap available). 11.00 whole / 9.00 half

#### **Ahi Tuna Wrap**

Tuna, mayo, red pepper flakes, cilantro, green onions, Thai seasoning, peanuts, provolone cheese, lettuce & tomato served in a whole wheat tortilla.

(GF-Teff wrap available). 11.75 whole / 9.75 half

Add extra meat 2.50 Add avocado 1.50

Extra cheese .50 Add Soup 5.00

## Hot grilled panini's Served with chips

#### **Turkey Panini**

Turkey breast, house made pesto mayo, tomato, red onion, havarti and provolone cheese.

#### Ham Panini

Black forest ham, swiss and cheddar cheese, mayo and stone ground mustard.

#### **Greek Panini**

Sundried tomato pesto, feta and swiss cheeses, kalamata olives, spinach, mushrooms, and red onion.

#### Pastrami Panini

Pastrami, swiss and provolone cheese, mayo, spicy pickle and horseradish sauce and onions.

# Fresh Soups & Salads

Soups are crafted daily Bowl of soup & fresh baked bread of the day 6.65 Cup of soup no bread 5.00

#### **Greek Salad**

Organic greens, banana peppers, olives, cucumber, red onion, tomato and feta cheese served with fresh baked bread. (We recommend feta vinaigrette dressing)

11.50

#### **House Salad**

Organic greens, tomato, cucumber, sunflower seeds, cheese chunk medley served with fresh baked bread 9.75

Add chicken or tuna 3.00

#### **Chicken Salad**

Mixed organic greens, sliced chicken breast, cranberries, feta cheese, walnuts, cucumber, tomato served with fresh baked bread.

12.00

#### Side Green Salad

Mixed organic greens with tomato, cucumbers, sunflower seedsserved with fresh baked bread 6.00

#### Side Salad Soup & Bread

A side salad, soup of the day and fresh baked bread 12.50

Dressings: Extra Virgin Olive Oil

Ranch **Honey Mustard**  **Feta Vinaigrette Honey Mustard Balsamic Vinaigrette**