



EAT WELL

BREAKFAST

LIVE BETTER

HOMEMADE IS SIMPLY BETTER

BREAKFAST

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.
2. 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



Dinner

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

11.60

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

Soup

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 seeds- served 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