

menu

We use local & organic turkey, beef, pork, eggs, and Artisan bread. All other ingredients are local & organic as available.

Please state dietary restrictions before ordering.

We may run out of certain items daily – this is part of using local suppliers. Thanks for your understanding.

Gluten-free: GF; Dairy-free: DF; Vegan: V

Breakfast

Served 'til 11am, Mon-Fri; all day Sat.

Fresh-baked Muffins 3.5

Granola w/Greek Yogurt & Seasonal Fruit 7
Sweetened with maple syrup.

Orange Currant Toast w/Brown Butter 5
Served with fresh fruit.

Toasted Sourdough Bagel w/Brown Butter 5
Served with fresh fruit.

Breakfast Sandwich 8.25
One egg, Gouda cheese, fresh tomato, and lettuce on a bagel or English muffin.

Breakfast Burrito 10
Two eggs, Monterey Jack cheese, potatoes, chorizo and peppers rolled up in a 12" tortilla, and served with fresh salsa and sour cream.

Avocado Toast 10
One piece of toast, one egg, avocado, and a drizzle of our magic sauce. Add prosciutto 2.50

Maple French Toast w/Prosciutto 12
Two slices of Challah soaked in eggs, cream, cinnamon, and vanilla. Topped with brown butter. Served with maple syrup.

Huevos Rancheros 12 (GF)
Two eggs on a corn tortilla with crispy, melted cheese, black beans, avocado, fresh salsa, and sour cream.

Chorizo Scramble 12 (GF)
(add orange currant toast 2.50)
Three-egg scramble with local chorizo, navy beans, cherry tomatoes, green onions.

Buttermilk Pancakes 10
Three thick & fluffy pancakes topped with brown butter, fruit, whipped cream, and maple syrup.

Zucchini Corn Cakes V/GF (Saturday only!) \$14
Three crispy fritters topped with cashew 'cream', roasted tomato chutney, and a spiced maple drizzle. Served with a side of hash.

Wraps, Sandwiches and More

Served with choice of salads: green, grain, Indian carrot, Asian slaw.

Taj Mahal 12
Roasted tomato chutney, raita, and toasted cashew hummus rolled up in a 12" tortilla with organic greens, grated carrots, and sliced cucumber.

Garlic Steak Wrap 14
Local marinated steak sautéed with potatoes and peppers, and rolled up in a 12" tortilla with raita and arugula.

Roasted Veggie 13
Roasted veggies, brown rice, sundried tomato hummus, pepitas and feta rolled up in a 12" tortilla.

Roasted Turkey & Gouda 14
On cranberry rye bread w/ lettuce and cranberry mayo.

Fresh Veggie 12
On roasted squash bread with lettuce, tomatoes, cucumbers, pesto cream cheese, Gouda, and mayo.

Beet & Blue Cheese 13
A creamy puree of roasted beets, cream cheese, and blue cheese on hearty grain bread. Topped with avocado and arugula tossed in a vinaigrette.

Beef Dip w/Caramelized Onions & Provolone 15
Local beef, caramelized onions, and melted provolone on a whole wheat bun. Served with our onion broth and a side of organic greens.

Thai Burger 14
Our loaded veggie patty topped with Asian slaw, peanut sauce, and tomatoes on an Artisan hamburger bun. Served with a side of organic greens.

Sandwich Feature - See our board!

Salads and Soup (All GF)

Seasonal Fruit Bowl 9 (half: 5) (DF, V)

Tossed with fresh-squeezed orange juice & agave, and sprinkled with toasted coconut.

Organic Greens w/ Honey Curry Dressing 10 (half: 6)

Topped with cherry tomatoes, red onions, toasted almonds, oranges, avocado and local pea shoots.

Wild Rice w/Spinach, Goat Cheese, Hazelnuts 12 (half: 8)

Organic wild rice tossed with spinach, chickpeas and toasted hazelnuts. Topped with goat cheese.

Deconstructed Chicken-Avocado Spring Roll 16 (DF)

Sesame-marinated chicken, greens, avocado, rice noodles, peppers, grated carrots, and toasted cashews. Topped with peanut sauce, and sprinkled with sesame seeds, and green onions.

'Raw' Taco 14 (DF, V)

Organic greens topped with seasoned walnut taco 'meat', cashew 'cream', and avocado salsa.

Abundance Bowl

Ingredients change with the season. See our board!

Soup (made fresh daily)

Bowl 7; Cup 5

Artisan bun 3

Cornbread 3 (GF)

Artisan crackers .75

Kids' Stuff

Grilled Cheese 8

Monterey Jack melted between two pieces of sourdough bread. Served with fruit.

Granola w/Yogurt & Seasonal Fruit 5

*See breakfast

Scrambled Eggs 6 GF

Two eggs and cream soft scrambled, and served with fresh fruit.

Kids Snack Plate 9

Artisan crackers, cheese, hummus, fresh veggies, and fruit.

Add ons

Local organic egg 2.50

Cream cheese/peanut butter/jam .75

Local honey 1.50

Local organic ham/beef/chorizo 4

Turkey 4

Avocado 3

Salsa/sour cream/dressing .75

Pancake 4

Maple syrup 1.25

Desserts

We feature an assortment of fresh-baked cookies, bars, tarts, cakes, & pies. We also feature gluten-free, vegan, and 'raw' desserts.

Ask us to make your next celebration cake!

Smoothies (All GF)

Beet & Berry 8 (DF, V)

Beets, berries, oranges, almond milk, agave, and hemp seeds.

Cranberry Coconut 8 (DF, V)

Cranberries, agave, coconut milk, and banana

Cocoa Banana & Avocado 8 (DF, V)

Cocoa powder, banana, avocado, agave, almond milk, dates and hemp seeds.

Matcha Pineapple 8

Banana, pineapple, coconut water, spinach and matcha powder.

Eat Your Greens! 8 (DF, V)

Spinach, local pea shoots, almond milk, vanilla, banana, cinnamon and chia seeds.

Berry Banana 7

Mixed berries, banana, milk, yogurt, agave syrup.

Creamy Cashew Espresso 10 (DF, V)

Cashews, agave, vanilla and espresso.

Immunity Booster 8

Carrots, ginger, turmeric, orange juice, cinnamon, pineapple and banana.

Hot Drinks

Ask for it on ice!

Drip Coffee 2.50 | 3

Espresso/Americano 2.75

Cappuccino 3.75 | 4.25

Latte 3.75 | 4.25

Mocha 4 | 4.50

Caramel Macchiato 4.25 | 4.75

Café-made Chai Latte 3.75 | 4.25

London Fog 3.50 | 4

Matcha Latte 3.75 | 4.25

Red (Rooibos) Latte 3.50 | 4

Hot Chocolate 3.25 | 3.75

Steamed Milk 3.50 | 4

Syrup (hazelnut, café-made caramel & vanilla) .75

Milk alternatives (soy, almond, coconut) .75

Organic milk 1.50

Extra shot 1.25

Cold Drinks

Café Made Organic Iced Tea 2.50

Fresh Squeezed Orange Juice 5

Café Made Sparkles 2.75

Boylan's Soda 3