MORNING FOOD

Served all day.

**EGG & BACON BREAKFAST SANDWICH** $6.59
Eggs, Gruyère cheese, nitrate free bacon, roasted tomato & house-made guacamole on croissant, english muffin or GF bread.

**HAM & GRUYÈRE SANDWICH** $5.29
Sliced all natural ham, Gruyère cheese and Dijon mustard on croissant, english muffin or GF bread.

**VEGAN TOFU SANDWICH // GF & V** $5.29
Tofu scramble, vegan mayo, roasted tomatoes & spinach on organic whole grain bread or GF bread.

**OATMEAL BOWL** $4.19
Organic apples, organic banana slices, raisins, house-made granola, sunflower seeds and steamed milk.

**ORGANIC HOUSE-MADE GRANOLA BOWL** $4.59
With milk and grilled ciabatta.

**BREAKFAST BURRITO** $7.29
Organic sprouted tortilla, scrambled eggs, Cheddar cheese, scallions, golden hashbrowns topped with black bean chili and chipotle sour cream. House-made salsa on the side.

**BREAKFAST QUESADILLA** $7.29
Organic sprouted tortilla, scrambled eggs, black beans, Cheddar cheese and organic spinach. House-made guacamole, salsa & chipotle sour cream on the side.

**ASSORTED MUFFINS, SCONES & CROISSANTS** $2.49

HOT SANDWICHES

**INCREDIBLE GRILLED CHEESE** $6.29
White Cheddar cheese, Swiss cheese, roasted red peppers & Dijon mustard on organic whole grain bread.

**CURRY CHICKEN CROISSANT** $7.49
Curried chicken salad, roasted tomato, organic spinach on a buttered croissant.

**INCREDIBLE GRILLED TUNA SANDWICH** $7.69
Tuna salad, white Cheddar cheese & roasted tomato on organic whole grain bread.

CIABATTA HOAGIES

**THREE CHEESE & ROASTED TOMATO** $7.19
Garlic aioli, roasted tomato, organic spinach, white Cheddar cheese, Swiss cheese & Fontina cheese on a ciabatta roll.

**GRILLED CHICKEN & HERBED GOAT CHEESE** $7.29
Garlic aioli, roasted red peppers, organic spinach, herbed goat cheese and grilled chicken breast on a ciabatta roll.

**HAM & WHITE CHEDDAR** $7.49
Maple Dijon mustard, roasted tomatoes, spinach, white Cheddar cheese and all natural sliced ham on a ciabatta roll.

**ROAST BEEF & HAVARTI** $7.99
Wasabi aioli, roasted tomatoes, caramelized onions, spinach, Havarti cheese and all natural roast beef on a ciabatta roll.

**TURKEY & SWISS** $7.59
Cranberry aioli, roasted red peppers, spinach, Swiss cheese and all natural smoked turkey on a ciabatta roll.
SOUPS

CUP: $3.49  BOWL: $5.49
VEGAN BLACK BEAN CHILI // GF & V
CREAMY TOMATO BASIL // GF
CHICKEN WILD RICE // GF
CHICKEN NOODLE SOUP

GRAB & GO SANDWICHES

All come with a side salad of mixed greens and house-made white balsamic vinaigrette

CHICKEN, WHITE CHEDDAR & CRANBERRY $7.49
Grilled chicken breast, white Cheddar cheese, dried cranberries, red onion, organic romaine & honey mustard on organic whole grain bread.

TUNA SALAD SANDWICH $7.99
Tuna salad, white Cheddar cheese, organic romaine on organic whole grain bread.

SMOKED TURKEY & BACON CROISSANT $7.59
All natural turkey, nitrate free bacon, Swiss cheese, organic spinach, roasted tomatoes, & garlic aioli on a butter croissant.

MEDITERRANEAN WRAP $9.29
Organic romaine, carrots, Feta Cheese, roasted red peppers, mixed olives & house-made hummus in a 100% sprouted organic tortilla.

CALIFORNIA WRAP $8.49
All natural turkey, roasted tomatoes, house-made guacamole, chipotle sour cream and organic romaine in a 100% sprouted organic tortilla.

B.L.T. TURKEY WRAP $9.69
All natural turkey, nitrate free bacon, organic spinach, roasted tomatoes, Swiss cheese, garlic chive aioli in a 100% sprouted organic tortilla.

CURRY CHICKEN WRAP $9.79
Curried chicken salad, roasted tomatoes & organic spinach in a 100% sprouted organic tortilla.

GRAB & GO SALADS

CITY COBB SALAD // GF $8.29
Organic mixed greens, nitrate free bacon, all natural chicken breast, boiled egg, Bleu Cheese, roasted tomatoes with avocado lime dressing.

SPA SALAD // GF & V $7.49
Organic mixed greens, edamame, marinated organic tofu, beets, red bell peppers, toasted sunflower seeds, carrots, scallions & avocado lime dressing.

ANTIOXIDANT SALAD $8.39
Organic mixed greens, dried cranberries, bleu cheese and toasted walnuts & white balsamic vinaigrette.

ZEN SALAD // GF & V $10.19
Organic mixed greens, steamed organic brown rice, house made hummus, kale, radishes, cucumbers, tomatoes, scallions, Harissa, mixed olives, guacamole, toasted sunflower seeds & lemon vinaigrette.

TOASTED SESAME SALAD // GF & V $6.29
Organic mixed greens, red cabbage, cucumbers, cilantro, red peppers, toasted sesame seeds & sesame vinaigrette.

LE DEUX SALAD $7.79
Romaine lettuce, cucumbers, tomatoes, carrots, olives, curried chicken salad & tuna salad.

TREATS & SNACKS

YOGURT PARFAIT // GF $4.99
Organic yogurt, seasonal fruit, French Meadow granola.

TORTILLA CHIPS // GF & V $2.29
With house-made salsa & guacamole.

DESSERT BARS $3.49
Assorted flavors, GF & V options.

ORGANIC COFFEE CHOCOLATE BARS $8.49

FOOD SHOULD TASTE GOOD CHIPS $1.29

CLIFFBARS $2.49

MACAROONS // GF & V $1.29

ORGANIC WHOLE FRUIT $1.29
Apples, oranges, bananas
PHYTONUTRIENT SMOOTHIES

Made to order.

12OZ: $3.49   16OZ: $6.49

GREEN ENERGY
Avocado, spinach, coconut milk, pumpkin seeds, lemon.

ANTIOXIDANT PUNCH
Pomegranate juice, apple juice, cranberries, carrots, beets.

RISE & SHINE
Orange juice, banana, raspberries, vanilla yogurt, mint, chia seeds.

BERRY ASSAULT
Strawberries, blueberries, raspberries, honey, lemon, pomegranate juice.

ANTIOXIDANT
Carrots, beets, apple juice, pomegranate juice, cranberries, lemon wedge

GREEN PARTY
Kale, apples, ginger, fresh mint, lemon, apple juice

CHOCOLATE AVOCADO
Avocado, banana, chocolate sauce, coconut milk

HOT BEVERAGES

PEOPLES ORGANIC COFFEE (8 OZ. / 16 OZ.) $1.19 / $2.19
RISHI HOT TEA $2.99
RISHI MASALA CHAI (8 OZ. / 16 OZ.) $3.79 / $4.29
CHOCOLATE MILK OR
HOT CHOCOLATE (8 OZ. / 16 OZ.) $2.99 / $3.49
Hormone free 1%, whole, half & half, soy milk

VEGAN CHOCOLATE “MILK” OR
HOT CHOCOLATE (8 OZ. / 16 OZ.) $3.99 / $4.49
Coconut, almond, hemp, rice milk

ESPRESSO $2.49

COLD BEVERAGES

SODA (20 OZ.) $1.79
Coke, Diet Coke, Sprite, Coke Zero

POWERADE (20 OZ.) $1.89

ZICO $3.09

SIDEKICKS

(0.50 extra)

Protein powder Honey
Organic peanut butter Fresh ginger
Wheat grass powder Organic vanilla syrup
Matcha green tea powder Organic hazelnut syrup

AMERICAN $2.79

SHOT IN THE DARK $3.49

CAFÉ MOCHA (8 OZ. / 16 OZ.) $3.79 / $4.49
TURTLE MOCHA (8 OZ. / 16 OZ.) $3.79 / $4.49
CARAMEL ROYALE $4.79

FMB MOCHA $4.79