

LUNCH MENU

AVAILABLE TUESDAY - SUNDAY

Sandwiches

- ☀️ **ROASTED TURKEY BLT** WITH HARISSA, HOUSE MAYONNAISE, TOMATO, BACON AND GREENS ON MULTIGRAIN \$12.50
- ☀️ **CHICKEN SALAD** WITH ALMONDS, APPLES, AND CRANBERRIES SERVED ON CHOICE OF CROISSANT OR MULTIGRAIN BREAD \$11.50

AVAILABLE HOT & READY @ 7AM WHILE SUPPLIES LASTS

BREAKFAST SANDWICH EGG, SAUSAGE AND CHEDDAR CHEESE ON BRIOCHE ROLL \$7

VEGETABLE FRITTATA SANDWICH WITH THICK-CUT BACON ON A BRIOCHE ROLL \$7

Salad & Protein Bowls

- ☀️ **MEDITERRANEAN BOWL** QUINOA, HUMMUS, ROASTED RED PEPPERS, MUSHROOM, MARINATED OLIVES, SPINACH & GOAT CHEESE \$11.50
- ☀️ **GARDEN SALAD** FIELD GREENS, WALNUTS, PICKLED ONION, BACON, APPLES, CROUTONS, & SHERRY VINAIGRETTE \$11.50
- ☀️ **ACAI BOWL** ACAI BERRIES WITH ASSORTED FRESH FRUIT & HONEY OATS \$7

Flatbread Pizzas

\$11.50

- ☀️ **TOMATO, SPINACH & MOZZARELLA***
- ☀️ **BIANCO*** RICOTTA, ONION, GARLIC, OLIVE OIL & MOZZARELLA
- ☀️ **PEPPERONI*** SHREDDED AND BUFFALO MOZZARELLA

Other savory Options

- ☀️ **CHICKEN POT PIE*** WITH CARROTS, CELERY, PEAS, LIMA BEANS AND ONION TOPPED WITH PASTRY CRUST.
*MADE WITH 100% ANTIBIOTIC FREE CHICKEN \$10.25
- ☀️ **VEGAN LENTIL & POTATO HANDPIE*** WITH RED, GREEN & BROWN LENTILS, SWEET POTATO, CHEF POTATO, SPINACH CURRY, GINGER AND COCONUT MILK IN OUR PASTRY CRUST \$8.00 [V]

*AVAILABLE FROZEN OR BAKED

NEW COFFEE & ESPRESSO BAR

TRY AN ESPRESSO, COLD BREW, LATTE
OR CAPPUCINO TODAY!

LUNCH ITEMS ARE AVAILABLE FOR WALK-IN SERVICE & CURBSIDE PICK-UP.
PLACE A SAME DAY ORDER BY PHONE OR ORDER 48 HOURS IN ADVANCE ONLINE



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