

SMOOTHIES | SHAKES \$6.80

better than multi-vitamins, delivered in one delicious dosage.

- KALE BANANA**
kale, pineapple juice, coconut water, banana, avocado, mint
- KALE ME MAYBE**
kale, orange juice, coconut water, strawberry, banana, avocado

MANGO BLAST
mango, mango juice, strawberries, banana, flax seed, cayenne

YOGI BERR
greek yogurt, strawberries, oats, banana, orange juice

POWER KICK
cold brew, peanut butter, banana, cinnamon, almond milk, van. Whey

PB&J
peanut butter, strawberries, banana, almond milk, choc. whey

GINGER SPICE
spinach, pineapple juice, coconut water, banana, ginger, cayenne

CHAI-TOWN
chai tea, almond milk, banana, fresh ginger

MATCHA
matcha tea, orange juice, coconut water, spinach, fresh ginger

NUTELLA BANANA
nutella, almond milk, rolled oats, greek yogurt, banana

ADDITIONS .75

superfoods: wheatgrass, spirulina, hemp hearts, cacao nibs | omega 3/fiber: chia or flax
protein: chocolate whey, vanilla whey, or vanilla vegan | espresso shot

BAGELS

	W/ SPREAD \$3.80	HOMEMADE CREAM CHEESE \$4.75
plain * jalapeno-cheddar wheat * sesame * everything	cream cheese butter grape jelly	chive & green onion honey walnut rosemary garlic
	peanut butter nutella	

BREAKFAST SANDWICHES

TENZING NORGAY
egg, bacon, ham, muenster cheese on wheat \$7.25

LOADED BAGEL
ham, swiss, avocado, arugula on bagel of your choice \$6.50

GOAT CHEESE & CHUTNEY
goat cheese, tomato chutney, arugula on english muffin \$6.50

THE DANIEL TAMAYO
vegetarian chorizo-style seitan, egg, sautéed pepper & onion and chipotle, garlic cheddar on sourdough (v) \$8.25

THE NORDALBINGIA
egg, gouda, roasted tomato on a croissant (v) \$7.25

FIG & PROSCIUTTO
prosciutto, brie, arugula & fig spread on wheat \$7.25

GOUDA & EGG
egg, applewood bacon, smoked gouda and roasted garlic & rosemary cream cheese on english muffin \$7.25

ELVIS
peanut butter, banana, applewood bacon on english muffin \$7.25

AVOCADO SMASH
fresh smashed avocado, arugula, candied tomato on wheat \$7.25

VEGGIE CHORIZO
vegetarian chorizo-style seitan, guacamole, chipotle aioli on sourdough (v) \$7.25

WAKE UP WASABI
prosciutto, egg, guac, arugula, and wasabi mayo on a croissant \$8.25

HOLY GUACAMOLE
guacamole, candied tomatoes, sriracha on english muffin \$7.25

SANDWICHES

served with chickpea salad and chips

THE GODFATHER \$9.95
prosciutto, fresh mozzarella, spinach, candied tomatoes, fresh basil & balsamic glaze on french

CURRICULUM MEAT-AE \$9.75
roast beef, cheddar, romaine, tomatoes, pickled red onions, chipotle aioli on wheat

THE MAE WILSON \$9.75
turkey, applewood smoked bacon, cheddar, romaine, guacamole, & chipotle aioli on wheat

ANDY FOR THE WIN! \$9.65
ham, applewood smoked bacon, cucumbers, & chive-green onion cream cheese on pretzel bun

SRIRACHA HONEY \$9.75
peanut tofu, pickled red onions, sprouts, fresh muhammara, and sriracha on pretzel bun (v)

PANINIS

served with chickpea salad and chips

PIG ON A PRETZEL \$9.75
ham, muenster, pickles, & honey mustard on pretzel bun

DON'T TELL TAL \$9.95
ham, applewood smoked bacon, goat cheese, cheddar, tomatoes, & giardiniera on french

GIFT OF THE ARMANDO MAGGI \$9.95
turkey, brie, homemade tomato chutney, & curry aioli on wheat

SEITANIC VERSES \$9.95
chorizo-style seitan, tomatoes, cucumbers, and fresh muhammara on sourdough (v)

DOWN ON THE FARM \$9.95
goat cheese, carrots, cucumber, raisins, greens, muhammara, & honey mustard on sourdough (v)

SALADS/WRAPPS

served on romaine, kale, cabbage, and carrots

G.O.A.T. \$9.75
dried cranberries, sunflower seeds, goat cheese, raspberry vinaigrette (v)

PROTEIN PUNCH \$9.95
grilled chicken, avocado, quinoa, chickpeas, tomatoes, housemade chipotle yogurt dressing

PEANUT TOFU \$9.95
peanut tofu, sprouts, wasabi peas, sesame vinaigrette (v)

SPICED TOFU \$9.95
spiced garlic tofu, guacamole, quinoa, pickled red onions, asian sesame vinaigrette (v)

GREEKONOMICS \$9.85
hummus, feta, cucumbers, carrots, lemon herb vinaigrette (v)

**GLUTEN-FREE BREAD +1.00 * ADD CHICKEN +2.00 * ADD BACON +1.50
ADD EGG +1.50 * ADD AVOCADO \$1.50**