



## eats

### breakfast

- breakfast sandwich** 4.95  
croissant / english muffin,  
deli ham / turkey, two egg omelette, cheddar cheese  
(may sub deli meat for an extra egg or a veggie)
- sausage breakfast sandwich** 5.95  
chicken / pork sausage
- keep it simple** 6.45  
two eggs, pan roasted potatoes  
white / wheat toast / pancakes
- the usual** 8.95  
two eggs, choice of protein: chicken / pork  
sausage / thick-cut bacon  
pan roasted potatoes, white / wheat toast / pancakes
- vegan breakfast** 9.95  
tofu scramble (choice of 2 veggies), vegan sausage,  
pan roasted potatoes, white / wheat toast
- veggie breakfast sandwich** 5.95  
croissant / english muffin / toast, choice of veggie,  
vegan sausage, cheddar cheese  
(substitute vegan cheese \$1 more)

### omelettes & scrambles

served with pan roasted potatoes & toast / pancakes  
(sub egg whites for \$1 more, sub fruit as a side for \$2 more)  
(add a veggie \$1 or add a meat / cheese \$1.50)

- make your own** 9.95  
four eggs, choice of any three fillings:  
**protein:** chicken sausage / pork sausage  
thick-cut bacon / canadian bacon  
**veggies:** kalamata olives / spinach / tomatoes  
bell peppers / mushrooms / onions / avocado +1.95  
**cheese:** cheddar / monterey jack / mozzarella  
goat cheese / feta / american
- cheese, please** 7.45  
four eggs, choice of cheese
- all the veggies** 9.95  
four eggs, mushrooms, spinach, onions  
tomatoes, bell peppers
- all the protein** 10.95  
four eggs, pork / chicken sausage  
thick cut bacon, canadian bacon, cheddar cheese
- just the eggs** 5.95  
no sides, four eggs, choice of one filling

### oatmeal & yogurt

- traditional oatmeal** 5.45  
creamy steel cut oats, brown sugar  
(can be made dairy-free/vegan/gluten-free)
- oatmeal & fruit granola bowl** 7.45  
creamy steel cut oats, house-made granola,  
maple / honey drizzle, fresh seasonal fruit  
(can be made dairy-free/vegan/gluten-free)
- granola yogurt bowl** 7.95  
lightly sweetened yogurt, house-made granola,  
maple / honey drizzle, fresh seasonal fruit

### pancakes

served with pancake syrup & whipped butter  
(sub with organic pure maple syrup or clover honey for \$1.75 more)

- two buttermilk pancakes** 6.45
- three buttermilk pancakes** 7.95
- flavored pancakes** 9.45  
three buttermilk pancakes, choose up to two:  
blueberry / chocolate chip / peanut butter chip  
butterscotch chip / granola / toasted coconut  
health bar crunch / funfetti / whipped cream

### more please

- housemade chicken sausage** 3.65
- housemade pork sausage** 3.65
- housemade vegan sausage** 4.05
- thick-cut bacon** 3.65
- canadian bacon** 3.65
- pan roasted potatoes** 2.95
- white / wheat toast** 2.25  
served with whipped butter & jam
- bagel with cream cheese / butter** 2.95
- fresh seasonal fruit** 4.95
- avocado** 2.95

please let us know of any allergies or dietary restrictions before ordering



# eats

## hot sandwiches

served with chips & a pickle spear

- cuban panini** 6.95  
french bread, deli ham / turkey, swiss cheese, pickles, mayo, mustard
- veggie panini** 6.95  
french bread, roasted red peppers, caramelized onion, provolone cheese, garlic mayo
- toasted roast beef** 6.95  
french bread, roast beef, caramelized onion, swiss cheese, horseradish mayo
- half sandwich & soup** 8.45  
choice of hot sandwich & soup
- half sandwich & salad** 8.65  
choice of hot sandwich & salad

## cold sandwiches

served with chips & a pickle spear

- turkey & swiss** 5.95  
french bread / white / wheat, lettuce, tomato, mayo, mustard
- ham & provolone** 5.95  
french bread / white / wheat, lettuce, tomato, mayo, mustard
- half sandwich & soup** 7.45  
choice of cold sandwich & soup
- half sandwich & salad** 7.65  
choice of cold sandwich & salad

## soup & salad

- soup(s) of the day** 4.25  
bread & butter / crackers
- house salad** 6.75  
romaine lettuce, tomato, cucumber, red onion, parmesan, croutons, pepperoncini, honey balsamic
- greek salad** 6.75  
romaine lettuce, tomato, cucumber, red onion, feta cheese, croutons, olives, lemon balsamic
- soup & salad** 7.65  
soup & choice of (half) salad
- half salad** 4.45  
house / greek

## kid's stuff

- keep it simpler** 4.95  
one egg, pan roasted potatoes, pancake / toast
- half the usual** 5.95  
one egg, choice of protein, pan roasted potatoes, pancake / toast
- grilled cheese panini** 3.95  
french bread, choice of cheese, pickle spear, choice of chips
- kid's pancakes** 4.95  
two small buttermilk pancakes with whipped butter & pancake syrup

# drinks

view our overhead shop menu for our full selection of drinks  
drink sizes below are 12oz / 16oz. \*free refill coffee is dine-in only

- drip coffee • espresso • tea • bottled drinks  
free refill coffee\* 2.95 • milk 1.45 | 1.85 • bottled juice 1.60

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