### Breakfast
- Served 7:00 A.M. - 10:00 A.M.

### Lunch/Dinner
- Served 11:00 A.M. - 7:00 P.M.

---

### Sandwiches

**Seafood Rolls**
- Brioche Bun, Seafood Salad, House Pepper Relish
  - $6.49

**Black Bean Veggie Quesadillas**
- Black Bean Spread, Grilled Veggies, Pepperjack, Tomato Garlic Jam
  - $6.49

**Heirloom Tomato Sandwich**
- Sourdough Bread, Pimiento Cheese Spread, Heirloom Tomato, Baby Kale and Arugula
  - $6.49

**Roasted Balsamic Chickpea Caprese Wrap**
- Roasted Balsamic Chickpeas, Mozzarella, Spinach and Basil, Heirloom Tomatoes
  - $5.79

**Classic Chicken Salad**
- Organic Shredded Local Chicken, Grapes, Apples, Almonds, Multigrain Organic Bread
  - $5.79

---

### Salads

**Blackberry Mango Salad**
- Grilled Romaine Halves, Blackberries, Mango, Queso Fresco, Cinnamon Candied Cashews, Lemon Vinaigrette
  - $6.49

**Sweet Corn and Avocado Salad**
- Baby Kale and Arugula, Corn, Avocado, Pepper Blend, Cherry Tomatoes, Garlic Vinaigrette
  - $6.49

**Spinach Waldorf**
- Spinach, Grapes, Celery, Candied Walnuts, Cranberry Yogurt Dressing
  - $6.49

---

### Soups

**Sweet Corn Bisque with Candied Jalapenos**
- $3.89

**Rustic Gazpacho**
- $3.89

**Multigrain Baguette**
- $0.99

---

### Cook to Order Pancakes

**Multigrain Pancakes**
- Served with Butter and Pancake Syrup
  - $2.29

- **Chocolate Chips** $0.69
- **Blueberries** $0.99
- **Raspberries** $0.99
- **Pure Maple Syrup** $1.29

---

### Entrees

**Buffalo Cauliflower Tacos**
- Buffalo Cauliflower, Flour Tortillas, Blue Cheese Dressing, Cilantro Onion Slaw Red Bean, Corn and Quinoa Salad
  - $10.29

**Chipotle Chicken and Verde Rice**
- Served with Corn Salsa
  - $10.29

**Chimichurri Steak**
- Served with a Grilled Vegetable Pasta Salad
  - $10.29

---

### Flatbreads

**Blackberry Barbeque Chicken**
- Barbeque Sauce, Chicken, Mozzarella, Shaved Fennel and Red Onion
  - $6.29

**Heirloom Tomato Caprese**
- Heirloom Cherry Tomato, Arugula Blend, Fresh Mozzarella, Balsamic Glaze
  - $6.29

---

### Grab ‘n’ Go

**Fresh Seasonal Fruit Salad**
- $3.29

**Vanilla Greek Yogurt Parfait**
- Vanilla Greek Yogurt, Fresh Fruit, Organic Granola
  - $2.79

**Protein Box**
- Trail mix, Hummus, Veggies, Hard Boiled Egg
  - $5.79

**Hummus Plate**
- House Made Hummus with Fresh Veggies and pita chips
  - $4.79

**Seasonal Grain Salad**
- $3.29

**Charcuterie Plate**
- Chef’s Choice, Two Meats, Two Cheese Options, Grapes, Crackers, Hard Boiled Egg
  - $5.79