

# aioli

## Southend Location

### Breakfast

Muffin 2

Buttermilk Biscuit 2

Bacon, Egg & Cheddar on a Buttermilk Biscuit 6.00

Ham, Roasted Red Pepper, Cheddar, Egg & Sriracha Wrap 6.00

Egg White, Spinach & Tomato on a Wrap 5

Egg, Tomato & Cheddar on Ciabatta 5

Fruit, Yogurt & House Made Granola 5.00

Quiche with Fresh Fruit 9.50

24 Hour Oats 5.50

Oats Soaked Overnight In Fresh Almond Milk, Topped with Fresh Fruit & Toasted Coconut

### Salad

Add Hormone Free Roasted Chicken, Chicken Salad or Tuna for \$2

Artichoke Arugula 10.75

Long Stem Artichokes, Shaved Parmesan & Balsamic Vinaigrette

Buttermilk Caesar 10.50

Nitrate Free Bacon, Tomatoes, Shaved Parmesan, Ciabatta Croutons, Romaine, Buttermilk Dressing

Chopped Cobb 10.75

Turkey, Bacon, Cucumber, Tomato, Egg, Gorgonzola & Red Wine Vinaigrette

Garden Salad 9.50

Tomato, Cucumber, Red Onion, Olives & Red Wine Vinaigrette

Roasted Golden Beet 10.75

Goat Cheese, Hardboiled Egg, Red Onion, Whole Grain Mustard Vinaigrette

Quiche of the Day 9.50

Side Garden Salad

**Roasted Pear & Gorgonzola 10.75**

Walnuts, Arugula, Balsamic Vinaigrette

## **Sandwiches**

Sandwiches can be changed to Gluten Free Bread or a Whole Wheat paired with a small side

**Roast Beef (Cold) 10.75**

Horseradish, Tomato, Lettuce, House Made Seven Grain

**Tuna Salad 10.50**

Cucumber, Lettuce, Tomato, House Made Seven Grain

**Chicken Salad 10.50**

Lettuce, Tomato, Red Onion, House Made Seven Grain

**Roasted Eggplant & Brie 9.50**

Kalamata Olive on Ciabatta

**Turkey & Brie 10.75**

Cranberry Aioli, Arugula on Cranberry Walnut Bread

**Caprese 10.25**

Tomato, Pesto, Fresh Mozzarella, Pesto on Ciabatta

**Turkey & Cheddar 10.50**

Roasted Tomato Aioli on Ciabatta

**Roast Beef & Caramelized Onion 10.75**

Cheddar Cheese & Horseradish on Ciabatta

**Grilled Three Cheese 8.50**

Choose Three Cheeses: Cheddar, Parmesan, Gorgonzola, Brie & Mozzarella  
Pick Three Cheeses

**Roasted Vegetable 10.50**

Goat Cheese, Arugula on Ciabatta

**Artichoke & Pesto 10.50**

Mozzarella, Roasted Red Peppers, Ciabatta

## **Soup**

Our soups are made daily, in house, vegetarian & gluten free unless specified otherwise

## **Juice Bar**

Parsley +.50, Ginger +.50, Turmeric +.50, Spinach +1.00, Kale +1.00, Lemon +1.00

**Detox 16 oz. 9.00**

Golden Beet, Carrot, Apple, Ginger

**Hydration 16 oz 9.00**

Cucumber, Green Apple, Celery, Kale, Spinach, Lemon

**Immunity 16 oz. 9.00**

Carrot, Orange, Lemon, Turmeric

## Coffee

**Hot Coffee 2.00**

Regular or Decaf

**Iced Coffee 3.00**

**Bullet Proof 5.00**

Espresso, Coconut Oil, Organic Coconut Sugar, Cayenne, Cinnamon

**Pump House Cold Brew Nitro Coffee 6.00**

## Espresso

Iced or Hot regular or decaf; served black, with milk or almond milk

**Single Espresso 2**

**Macchiato 3**

**Americano 3**

**Cappuccino / Latte 4.00**

## Beverages

Bottled or from the fountain

**House Made Lemonade 2.75**

Traditional or Daily Special

**Yerba Matte 4.50**

**Iced Hibiscus Raspberry Brewed Tea 2.25**

Unsweetened & Caffeine Free

**Iced Black Tea 2.25**

Unsweetened

**Arnold Palmer 2.75**

**Kombucha 5.00**

Local Nonprophet

## **Pick 2**

Pick 2 Items from our Regular Lunch Menu- Soup, Salad, or Sandwich [Excludes: our Grilled 3 Cheese, Daily Sandwich or Salad Special]

**Half Salad / Half Sandwich 10.50**

**Half Sandwich / Half Soup 10.50**

**Half Salad / Cup of Soup 10.50**

## **Grab and Go**

Fresh Daily Items Packaged for Your Convenience

### **Chicken Salad (G&G)**

Hormone Free Roasted Chicken Breast, Walnuts, Grapes, Celery Leaves, Onion, Mayo

### **Tuna (G&G)**

White Albacore Tuna, Celery, Capers, Onion, Mayo

### **Black Bean Orzo Pasta (G&G)**

### **Potato Salad (G&G)**

### **Zucchini Chickpea**