



Southend Location

Bread

Seasonal Foccacia (Saturday Only) 6.00

Sour Dough 8.00

Sliced or Unsliced

Seeded Sour Dough 8.00

Sliced or Unsliced

Baguette 4.00

Ciabatta 6.00

Butter Bread 9.00

Breakfast

Egg, Cheddar & Tomato on Ciabatta 6

Egg White, Spinach, Tomato 6

Whole Wheat Wrap

Fruit, Yogurt, House Made Granola 6

Overnight Oats 6.00

Fresh Fruit, Toasted Coconut, Oats Soaked In Almond Milk

Avocado Toast 12.00

Smashed Avocado, Shaved Radish, Toasted Pumpkin Seeds, La Boite Spice, Toasted aioli Seeded Sourdough

Sour Dough Toast, House Made Jam 5.00

Bacon Egg Cheese 9

House Made Buttermilk Biscuit

Sausage, Egg, & Cheese 11

House Made Breakfast Sausage, Frittata Egg, Fontina Cheese, Arugula, Citrus Aioli, Toasted aioli Croissant

Ham, Roasted Red Pepper, Cheddar, Sriracha, Wrap 8

Salad

Add Hormone Free Roasted Chicken, Chicken Salad or Tuna

Artichoke Arugula 14.50

Long Stem Artichokes, Shaved Parmesan & Balsamic Vinaigrette

Chopped Cobb 15.50

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

Garden Salad 12.50

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

Roasted Golden Beet 14.50

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

Quiche of the Day 15.50

Side Garden Salad

Buttermilk Caesar 12.50

Nitrate Free Bacon, Tomatoes, Shaved Parmesan, House Made Ciabatta Crouton, Romaine, Buttermilk Dressing

Roasted Pear & Gorgonzola 13.50

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) 15.50

Tomato, Lettuce, Red Onion, Horseradish, House Made Seven Grain

Tuna Salad 14.50

Cucumber, Lettuce, Tomato, House Made Seven Grain

Chicken Salad 14.50

Walnuts, Grapes, Lettuce, Tomato, Red Onion, House Made Seven Grain

Roasted Eggplant & Brie 13.50

Kalamata Olives, House Baked Ciabatta

Turkey & Brie 14.50

Cranberry Aioli, Arugula on Raisin Walnut Bread

Caprese 13.50

Tomato, Pesto, Fresh Mozzarella, Pesto on Ciabatta

Turkey & Cheddar 14.50

Roasted Tomato Aioli on Ciabatta

Roast Beef & Caramelized Onion 15.50

Cheddar Cheese & Horseradish on Ciabatta

Smoked Ham & Brie 14.50

Roasted Pear On Walnut Bread

Grilled Three Cheese 13.50

Cheddar, Parmesan, Mozzarella, on Grilled Butter Bread

Roasted Vegetable 13.50

Roasted Eggplant, Oven Roasted Tomato, Goat Cheese, Arugula on Ciabatta

Artichoke & Pesto 14.50

Mozzarella, Roasted Red Peppers, Ciabatta

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Grilled Italian 16.50

Nitrate Free Prosciutto, Salami, Ham, Oven Roasted Tomatoes, Roasted Garlic Aioli, Arugula, Grilled Ciabatta

Turkey Avocado Club 16.50

Turkey, Nitrate Free Bacon, Avocado Smash, Sliced Tomato, Lettuce, Roasted Garlic Aioli, Grilled aioli Seeded Sour Dough

Soup

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

Pick 2

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

Half Salad / Half Sandwich 15.50**Half Sandwich / Half Soup 15.50****Half Salad / Cup of Soup 15.50**

Coffee & Espresso

Hot Coffee 3.00

Regular or Decaf

Iced Coffee 3.00

Double Espresso 3

Americano 5

Cappuccino 5.00

Salted Caramel Latte 7.00

House Made Salted Caramel, Double Shot Pumphouse Espresso, Your Choice of Milk, Iced or Hot

Dark Chocolate Mocha Latte 7

House Made Dark Chocolate Mocha, Double Shot Pumphouse Espresso, Your Choice of Milk, Iced or Hot

Iced Matcha Green Tea Crack Special 7.00

Green Tea Matcha, Almond Milk, Crack Spice Blend, Iced

Signature Crack Coffee 7.00

Espresso, Coconut Oil, Organic Coconut Sugar, Cayenne, Cinnamon, Your Choice of Milk, Iced or Hot

Pump House Cold Brew Nitro Coffee 6.00

Vanilla Bean Latte 7

Limoncello Latte 7

Pumphouse Espresso, Lemon Cane Sugar, Hot or Iced, Almond, Regular or Oat Milk

Latte 5.00

Beverages

Bottled or from the fountain

House Made Lemonade 2.75

Traditional or Daily Special

Iced Hibiscus Raspberry Brewed Tea 2.25

Unsweetened & Caffeine Free

Iced Black Tea 2.25

Unsweetened

Arnold Palmer 2.75

Bottle Water 2.00

Aqua Panna, Glass Bottle

Fresh Florida Orange Juice 5.00

Sweet Treats

Fresh Baked Goodies from Our Kitchen

Blueberry Molasses Muffin 3.00

has nuts

Brownie 3.00

Sea Salt Chocolate Chip Cookie 3.00

Pound Cake 3.00

Banana Nut Bread 3.00

Orange Olive Oil Cake 3.00

Cinnamon Bun 4.00

Chocolate Babka 4.00

has nuts

Morning Bun 3.00

Chocolate Brioche 4.00