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Downtown Location

Breakfast

Muffin 2

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

Tomato, Lettuce, Red Onion, Horseradish, 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

Smoked Ham & Brie 10.75

Roasted Pear On Walnut Bread

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

Coffee

Hot Coffee 2.00

Regular or Decaf

Iced Coffee 3.00

Crack Coffee 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

Double Espresso 3

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

Local "Non Prophet" Kombucha 6.00

Seasonal Flavors Vary

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

Thanksgiving

All Orders Will be Picked Up From the South End Location on Dixie. Pick up Times are Before 11:00 am or After 3:00 pm Wednesday, November 21, 2018 If you do not see a price next to an item it means that there are multiple sizes available.

Turkey Gravy 9.00

16 oz Pint Container

Fresh Apple Cranberry Sauce 9.00

16 oz Pint Container

Butternut Squash Casserole with Pecan Streusel

Served in an Oven Ready Container

Ciabatta & Sausage Stuffing

Served in an Oven Ready Container

Three Cheese Mac

Served in an Oven Ready Container

Roasted Brussel Sprouts with Bacon & Balsamic

Served in an Oven Ready Container

Cauliflower Gratin

Green Bean Casserole with Gruyere & Creme Fraiche

Served in an Oven Ready Container

Tray of Cornbread 24.00

Brioche Dinner Rolls 18.00

Pumpkin Cinnamon Buns, 1/2 Dozen 18.00

Whole Chocolate Walnut Tart 45.00

11 Inch Tart, 8-10 Slices

Pumpkin Pie

Whole Quiche 32.00

8 - 10 Servings

Whole Flourless Chocolate Espresso Cake 50.00

Lattice Apple Tart 45.00

11" 8-10 Slices

Turkey Pot Pie (4-5 servings) 38.00

Whole Bourbon Pecan Tart 45.00

11 Inches, 8-10 Slices