

Fresh, Seasonal, Locally Sourced Quality Ingredients

House-Made Coffee Syrups and Almond Milk

BREAKFAST

Toasted 'New York Water' Bagel \$3.25
with Cream Cheese Authentic Water Bagels direct from NY

The 'Bronx' Bagel \$7.50
Local Santa Barbara Smokehouse Salmon, Lemon Pepper,
Tomato, Cream Cheese, Red Onion, Capers

✓ **Spinach, Artichoke & Feta Frittata \$6.95**
Roasted Gold Potato Crust with Fruit

Bacon Breakfast Panini \$6.95
Applewood Smoked Bacon, Egg, Swiss Cheese

Breakfast Burrito \$6.95
Scrambled Egg, Jack Cheese, Bacon, Yukon Potatoes,
Fire Roasted Salsa (Whole Wheat or Flour Tortilla)

Hi-Protein Breakfast Bowl \$7.25
Scrambled Eggs, Bacon and Cheese on Fresh
Spinach and Sliced Tomatoes

✓ **Vegan Sausage Burrito \$7.25**
Veggie Sausage, Roasted Potatoes, Fresh Spinach, Arugula,
Tomatoes, Quinoa, Avocado, Fire Roasted Salsa
--- Add Grilled Peppers and Onions \$1.00

✓ **Hot Organic Oatmeal \$4.50**
Dried Cranberries, Ground Flax Seed, Brown Sugar

Greek Yogurt with Fresh Berries \$4.95
side of Nut-Free Granola

✓ **Fresh Fruit Box \$4.75**
Green Apple, Grapes, Berries and Oranges



MENU



COFFEE

We brew "Green Star" Coffee • Local • Organic • Fair Trade

Brewed Italian Roast or House Decaf \$2.30
Brewed Coffee Refill only \$1

Double Espresso \$2.35

Café Americano \$2.65

Café Latte or Cappuccino \$3.25

Bullet Proof Latte \$4.65
• Irish Butter • Coconut Oil • Brain Power MCT Oil •

Organic House-Crafted Coffee Syrups \$.65
• Vanilla Bean • Dark Chocolate • Agave Vanilla •

Spiced Chai Latte \$3.95 • Chai Bulletproof \$4.75

Organic Numi's Hot Tea \$2.95

Please see our tea display for current tea selection

SMOOTHIES

\$5.95

✓ **Amazon Blue** • Hydrating and Nourishing •
Acai Berry Puree, Blueberries, Natural Coconut Water,
Agave Nectar

Peanut Butter Banana • Potassium and Protein •
blended with 2% Milk and Ground Flax Seed

✓ **Matcha Green Garden** • Antioxidant Benefits •
House Made Soy Milk, Baby Spinach, Chia Seeds and
Agave Nectar

Strawberry Banana • Lo-Glycemic Fruit and Protein •
blended with 2% Milk and Protein Powder

✓ **Super Greens** • Phytonutrient Dense Super Food •
Wheat Grass, Kale, Spirulina, Spinach, Blueberries,
Banana, Soy Milk

• Add Protein Powder to any smoothie \$1.45 •

Fresh Squeezed Orange Juice \$3.95

Juice Press of the Day \$4.25

Brewed Iced Tea \$2.75
Passion Fruit, Unsweetened Black Tea

PASTRIES

We proudly serve "Baker's Table" Pastries from the Santa Ynez Valley!

Scones, Muffins, Plain Croissant \$3.95 / Chocolate Croissant \$4.25 / Ham & Cheese Croissant \$4.50 / Almond Croissant \$4.65



MENU

Gluten Free **Vegetarian**

Local Quality Ingredients ✦ **House-Made Salad Dressings** ✦ **Fresh Bakery Breads**

We proudly serve "Baker's Table" fresh baked breads from the Santa Ynez Valley

Hot! SANDWICHES

N.Y. Bagel Reuben Sandwich \$8.95

Thinly Sliced Corned Beef, Sauerkraut, Melted Swiss Cheese and Russian Dressing on Toasted Everything Bagel

Warm & Toasty Chicken Goat Cheese \$9.50

Chicken Breast, Caramelized Onion and Red Bell, French Goat Cheese, Arugula, Balsamic Reduction

Hungry Planet Veggie "Burger" \$8.95

(Non-GMO) Garden Tomatoes, Sprouts, Dill Pickles, Crisp Romaine, 1000 Island dressing, Toasted Wheat Bun

Chicken Pesto Panini \$8.95

Arugula Pesto, Chicken Breast, Jack Cheese with our Garlic Aioli on Grilled Honey Wheat Bread

Philly Cheese Steak Sandwich \$9.50

Caramelized Sweet Bells & Onion on Ciabatta

Southwest Turkey Artichoke Sandwich \$8.95

Fresh Spinach, Jack Cheese, Pepperoncini, Toasted Honey Whole Wheat Bun

Cold! SANDWICHES

Turkey Club Sandwich \$8.95

Sliced Turkey, Smoked Bacon, Avocado, Lettuce, Tomato & Mayo on Toasted Honey Wheat

Chef B's Veggie Sandwich \$8.25

Basil Cream Cheese, Turmeric Hummus, Arugula, Spinach, Cucumber, Sprouts, Lemon Pepper and Red Onion on Toasted Honey Whole Wheat

The Ultimate Grilled Cheese \$7.95

Grilled Swiss, Jack, Cheddar & Parmesan with Tomato

Brie and Turkey Sandwich \$9.25

Fresh Spinach, Jack Cheese, Pepperoncini, Toasted Honey Whole Wheat Bread

Roast Beef and Swiss \$9.50

Thinly Sliced Top Sirloin, Swiss Cheese, Red Onion, Pepperoncini, Tomato & Zesty Dijon Sauce on a toasted Wheat Long Roll

Hungry Planet Patty Melt \$8.95

Non-GMO Vegan "Burger", Roasted Bell, Caramelized Onions, Smokey BBQ Sauce, Whole Grain Mustard and Swiss Cheese on toasted Honey Whole Wheat

Roasted Pulled Chicken Burrito ~or~

Simmered Pork Chili Verde Burrito \$9.25

Jack Cheese, Pinto and Black Bean Medley, Spanish Rice. Served with Roasted Molcajete Salsa

Toasted Tuna Melt Sandwich \$8.95

Tuna Salad, Cheddar Cheese, Ripe Tomatoes

Tuna Salad Wrap \$7.95 *with a Side of Toasted Almonds*

Albacore Tuna Salad, Dried Cranberries, Pepperoncini, Sun Dried Tomato Wrap

Walnut Chicken Wrap \$7.95 *with a side of Toasted Walnuts*

Chicken Breast, Celery & Red Grapes and Whole Grain Dijon in a Whole Wheat Wrap

Classic Egg Salad Sandwich \$7.95

Cucumber, Fresh Spinach on Wheat Toast

SALADS

Green Apple, Quinoa & Walnut Salad \$8.95

Crumbled Blue Cheese, Maple Vinaigrette

Classic Chicken Caesar Salad \$8.75

Crisp Romaine, Chicken Breast, Garlic Croutons, Shredded Parmesan, Caesar Dressing

Greek Salad \$8.95

Feta Cheese, Kalamata Olives, Sliced Pepperoncini, Cool Cucumber, Diced Tomato, Lemon Vinaigrette

Cobb Salad \$8.95

Bacon, Chicken Breast, Blue Cheese, Hard Boiled Egg, Diced Tomato, Herbed Apple Cider Vinaigrette

Berry Goat Cheese Chicken Salad \$8.95

Chicken Breast, Goat Cheese, Blueberries, Strawberries, Red Onion, Toasted Almonds, Herbed Croutons, Balsamic Vinaigrette

SOUP

Fire Roasted Tomato, Cannellini Bean & Basil

with Shredded Parmesan and Balsamic Reduction \$4.75

Farmer's Market Soup \$4.95

Creamy Butternut Squash Quinoa Chowder

Moroccan Lentil Soup \$4.75

with aromatic seasonings and Fresh Spinach