

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

Hot! SANDWICHES

N.Y. Bagel Reuben Sandwich \$9.25

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

Warm & Toasty Chicken Goat Cheese \$9.75

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 \$9.95

Caramelized Sweet Bells & Onion on Ciabatta

Toasted Tuna Melt Sandwich \$8.95

Tuna Salad, Cheddar Cheese, Ripe Tomatoes, Romaine

The Ultimate Grilled Cheese \$8.25

Grilled Swiss, Jack, Cheddar & Parmesan with Tomato

Brie and Turkey Sandwich \$9.75

Roasted Apple Jam, Melted Brie, Country French Sourdough

Roast Beef and Swiss \$9.95

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

Simmered Pork Chili Verde Burrito \$9.25

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

Veggie "Meatball" Marinara Sub \$9.25

Non-GMO Vegan Seasoned Meatballs, House-made Marinara Sauce, Arugula Pesto, Melted Cheese, Toasted Soft Roll

Tuna Salad Wrap \$8.25 with a Side of Toasted Almonds

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

Southwest Turkey Artichoke Sandwich \$8.95

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

Classic Egg Salad Sandwich \$8.25

Cucumber, Fresh Spinach on Wheat Toast

SALADS

Green Apple, Quinoa & Walnut Salad \$9.25

Crumbled Blue Cheese, Maple Vinaigrette

Classic Chicken Caesar Salad \$8.95

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

Greek Salad \$9.25

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

Mandarin Sesame "Raw" Salad \$9.25

Broccoli, Carrots, Snow Peas, Celery, Baby Spinach, Tangerine Segments, Toasted Almonds, Sesame Vinaigrette

Cobb Salad \$9.25

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

Berry Goat Cheese Chicken Salad \$9.25

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

Cold! SANDWICHES

Turkey Club Sandwich \$9.25

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

Chef B's Veggie Sandwich \$8.75

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

SOUP

Fire Roasted Tomato, Cannellini Bean & Basil

with Shredded Parmesan and Balsamic Reduction \$4.95

Farmer's Market Soup \$5.25

Creamy Butternut Squash Quinoa Chowder

Moroccan Lentil Soup \$4.95

with aromatic seasonings and Fresh Spinach

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 \$7.95

Local Santa Barbara Smokehouse Salmon, Lemon Pepper, Tomato, Cream Cheese, Red Onion, Capers

✓ **Spinach, Artichoke & Feta Frittata \$7.25**

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 \$7.75

Scrambled Eggs, Bacon and Cheese on Fresh Spinach and Sliced Tomatoes

✓ **Vegan Sausage Burrito \$7.75**

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 \$5.50

side of Nut-Free Granola

✓ **Fresh Fruit Box \$4.95**

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 \$1.25

Double Espresso \$2.35

Café Americano \$2.75

Café Latte or Cappuccino \$3.50

Bullet Proof Latte \$4.65

• Irish Butter • Coconut Oil • Brain Power MCT Oil •

Organic House-Crafted Coffee Syrups \$.75

• Vanilla Bean • Dark Chocolate • Agave Vanilla •

Spiced Chai Latte \$3.95 • Chai Bulletproof \$4.95

Organic Numi's Hot Tea \$2.95

Please see our tea display for current tea selection

SMOOTHIES \$6.25

✓ **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 \$2.95

Passion Fruit, Unsweetened Black Tea



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