

Seasonal fresh, locally sourced menu items ✂ House-made coffee, syrups, almond milk & salad dressing ✂ Fresh bakery bread

## ☕ COFFEE

**Brewed Italian Roast or House Decaf \$1.85**

Local Organic Fair Trade Green Star • Refill \$1.00

**Latte / Cappuccino \$2.95 • Americano \$2.25**

**Bullet Proof Latte \$4.15**

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

**Organic House-Crafted Syrups \$.65**

• Vanilla bean • Dark Chocolate • Agave Vanilla Bean •

**Double Espresso \$2.25**

**Spiced Chai Latte \$3.65**

**Organic Numi's Hot Tea \$2.50**

## 🍳 BREAKFAST

**Toasted 'New York Water' Bagel \$2.85**

with Cream Cheese (Authentic Water Bagels direct from NY!)

**The 'Bronx' Bagel \$6.25**

Local Sta. Barbara Smokehouse Salmon, Lem-Pepper, Tomato, Lox Cream Cheese, Red Onion, Capers

**Spinach, Artichoke & Feta Frittata \$5.95**

Roasted Potato Crust with Fruit

**Bacon Breakfast Panini \$6.25**

Applewood Smoked Bacon, Egg, Swiss Cheese

**Breakfast Burrito \$6.25**

Scrambled Egg, Jack Cheese, Bacon, Potato, Fire Roasted Salsa (Whole Wheat or Flour Tortilla)

**Hi-Protein Breakfast Bowl \$6.50**

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

**Hot Organic Oatmeal \$3.95**

Dried Cranberries, Flax Seed and Brown Sugar

**Greek Yogurt with Fresh Berries \$3.75**

With Nut-Free Granola



# MENU



## 🥗 SALADS

Add Chicken / Bacon / Hard Boiled Egg \$2 each  
• Housemade Dressings • We can wrap any salad •

**Classic Chicken Caesar Salad \$7.95**

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

**Summer Strawberry Asparagus Salad \$8.15**

Goat Cheese, Balsamic Vinaigrette, Toasted Almonds

**Thai Beef Salad \$8.95**

Chilled Beef, Sweet Bell, Celery Slaw, Fresh Lime / Coconut / Ginger Soy Dressing, Toasted Almonds

**Cobb Salad \$8.75**

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

**Greek Salad \$7.95**

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

**Fall Apple, Quinoa and Walnut Salad \$8.50**

Crumbled Blue Cheese, Maple Vinaigrette

## 🍲 SOUP

**Fire Roasted Tomato, Cannellini Bean**

**& Basil \$3.95** with Shredded Parmesan and Balsamic Reduction

**Farmer's Market Soups \$4.25**

• Seasonal Availability • Ask us! •

## 🥤 SMOOTHIES \$5.95

**Amazon Blue** •Hydrating and Nourishing•

Acai, Blueberry, Coconut Water & Agave

**Peanut Butter Banana** •Potassium and Protein•

Made with Milk & Flax Seed

**Matcha Green Garden** •Antioxidant Benefits•

Almond Milk, Spinach, Chia Seeds & Honey

**Strawberry Banana** •Lo-Glycemic Fruit & Protein•

Protein Powder and Milk

**Super Spirulina** •Nature's Perfect Super Food•

Soy Milk, Blueberry, Spinach and Banana

•Add Protein Powder \$1.45•

## 🥪 SANDWICHES

**Turkey Club \$8.95**

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

**N.Y. Bagel Reuben Sandwich \$8.25**

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

**Tuna Wrap \$6.75**

Albacore Tuna Salad with Dried Cranberries and Pepperoncinis in a Sun Dried Tomato Wrap with Toasted Almonds on the Side

**Cafe Walnut Chicken Wrap \$6.95**

Chicken Breast, Celery & Red Grapes and Whole Grain Dijon in a Whole Wheat Wrap with Toasted Walnuts on the Side

**Roast Beef and Swiss \$8.95**

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

**Chicken Pesto Panini \$7.95**

Arugula Pesto, Chicken Breast, Jack Cheese & Garlic Aioli on Honey Wheat Bread

**The Ultimate Grilled Cheese \$5.95**

Grilled Swiss, Jack, Cheddar & Parmesan with Tomato

**Chef B's Veggie Sandwich \$6.95**

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

**Classic Egg Salad Sandwich \$6.25**

Cucumber, Fresh Spinach on Wheat Toast

## 🥞 PASTRIES

### Santa Ynez Valley "Baker's Table" Pastries

Scones, Muffins, Plain Croissants \$3.65 Chocolate Croissant \$3.95 Black Forrest Ham & Cheese Croissant \$4.25