



BREAKFAST

Pancakes \$3. toppings .50 each. Includes whip, butter & syrup

- Strawberries
- Blueberries
- Banana
- Mango
- Sautéed fruit sauce
- Peanut Butter
- Almonds
- Bacon
- Butter
- Cinn Butter
- Whip cream
- Syrup

Eggs \$4 with two options and sauce .50 each for additional toppings.

- Pita
- Bagel
- Bacon
- Sausage
- Cheddar
- Swiss
- Goat cheese
- Tomato
- Mushrooms
- Onions
- Spinach
- Hot sauce
- Roasted Vegi sauce

Green Smoothies \$4.75 with fruit choices and base

- Banana
- Strawberries
- Blueberry
- Mango
- Peanut Butter
- Flax seeds
- Soy milk
- OJ
- Milk
- Yogurt
- Organic milk

Bagels \$3.50 Toasted

- Plain
- Honey wheat
- Everything
- Humus
- Sun dried tomato
- Honey butter
- Butter
- Cream cheese
- Honey butter

Yogurt \$2.75

- Plain
- Honey
- Agave
- Vanilla
- Granola
- Nuts
- Berries

Oatmeal \$2.75 **Granola** \$2.75

- Milk
- Organic milk
- Almond milk
- Soy
- Banana
- Strawberries
- Blueberry
- Mango

Specials of the day Prices Vary

- Quiche
- Crepes
- Cookies
- Scone
- Fresh fruit
- Muffins
- Prosciutto dates
- Brownies

Beverages- On other side of menu



LUNCH

Sandwiches Pick one in each row. Additional toppers .75 each

- Pulled Chicken \$6
- Tuna \$4
- Portobella \$6
- Pita
- bagel
- Sautéed onions
- Roasted Peppers
- Mushrooms
- Tomato
- Spinach
- Grapes
- Cheddar
- Goat cheese
- Swiss
- Blue
- Mustard
- Herb mayo
- Roasted Vegi sauce
- Mayo

Green Smoothies \$4.75 with fruit choices and base

- Banana
- Strawberry
- Blueberry
- Mango
- Flax seeds
- Peanut Butter
- Soy milk
- Orange juice
- Milk
- Yogurt

Salads \$4.50 Add chicken, tuna or portobella \$2.50

- Spinach
- Spring mix
- Bean medley
- Green Peppers
- Tomato
- Onions
- Apple
- Cranberries
- Blue Cheese
- Bacon
- Tuna
- Chicken
- Portobella

The Poppy \$5.50

Spinach, Fresh Strawberries, Mandarin Oranges, Goat Cheese & Poppy Seed Dressing

All about the Crunch \$5.50

Spring Mix, sliced Almonds, Green Apple, Bacon dried Snap Peas & Raspberry Vinaigrette Dressing

Garden Salad \$5.50

Spinach, Tomato, Carrot, Zucchini, Blue Cheese Dressing

Specials of the day Prices Vary

- Quiche
- Crepes
- Cookies
- Scone
- Soups
- Brownies

Snacks

- Prosciutto dates \$3.75
- Humus and Pita \$3.50
- Fresh fruit \$2.50
- Bean salad and chips \$3
- Cheese & fruit plate \$4
- PB & Jelly pitas \$3.00

Beverages

- Brewed Coffee S-\$1.87 M-\$2.25 L-\$2.85
- Ice Tea \$2.00
- Bottled Water \$1.50
- Hot Tea \$2.25
- Espresso Shot \$1.50
- Latte/Cappuccino S-\$3 M-\$3.50 L-\$4.25
- Signature Drinks S-\$3.50 M-\$4 L-\$4.75
- Sparkling Water \$2.00
- Soda \$1.50
- Spritzers- Cranberry \$2.50
- Italian Cream Sodas M-\$3.00 L- \$3.50