

# EARLY RISER

SERVED ALL DAY  
MON - SAT

## BREAKFAST SANDWICH \$5

One egg and cheese with your choice of sausage, bacon, or ham on a croissant, toast, or bagel.

## THE STARTUP \$7

Your choice of two eggs cooked your way with bacon or sausage, and white or multigrain toast.

## CALIFORNIA TOAST \$6

A traditional West Coast favorite: your choice of white or multigrain toast, topped with fresh avocados, tomatoes, and cheese. Add an egg for \$1.00.

## EXECUTIVE \$8

Choose your toast loaded with our avocado spread, spinach, egg, tomato, cheese, and honey sriracha sauce.

## DAYDREAMER \$8

Our breakfast salad loaded with mixed greens, avocado, onions, feta, topped with two eggs and our spicy vinaigrette.

## POWER BOWLS \$9

Our original blended smoothie bowl with yogurt or acai base loaded with fresh fruit and toppings.

**BERRY GODDESS** (mixed berries, granola, chia seeds)

**PEACH POWER** (fresh peaches, granola, almonds)

**BANANA & HONEY** (bananas, granola, almond butter)

**TROPICAL BLISS** (kiwi, blueberries, bananas, granola)

## BAGEL \$3

Choose a plain or asiago cheese bagel and add cream cheese for .50¢.

## FRUIT & YOGURT PARFAIT \$5

## DRINKS

**COFFEE** S \$2 M \$3 **SODA** S \$2 L \$3

**LATTE** S \$4 M \$5 *Pepsi, Diet Pepsi,*

**ICED LATTE** S \$4 L \$5 *Dr. Pepper, Mist Twst,*

**COLD BREW** S \$4 L \$5 *Mt. Dew, Root Beer,*

**CAPPUCCINO** \$4 *Lemonade*

**AMERICANO** \$3 **ICED TEA** S \$2 L \$3

*Mocha, Vanilla, Caramel,* **HOT TEA** \$3

*& Hazelnut*

**HOT CHOCOLATE** \$3

# DAILY GRIND

SERVED 11 AM - 5 PM  
MON - SAT

## SANDWICHES

Our signature deli-style sandwich with your choice of white bread, multigrain, ciabatta or croissant. Toppings include lettuce and tomato.

**TURKEY, HAM, OR ROAST BEEF** \$7

**CHICKEN SALAD** \$7

**TUNA MELT** \$7

**BACON LETTUCE & TOMATO** \$7

**GRILLED CHEESE** \$6

**BUFFALO CHICKEN** \$7

## BOWLS

Fresh and healthy nutrient rich bowls packed with your choice of protein and ancient grains, rice, or mixed greens.

**Chicken** \$10 • **Beef** \$10 • **Tofu** \$10

**Steak** \$12 • **Shrimp** \$12 • **Vegetarian** \$9

**TERIYAKI** (edamame, veggie mix, peppers & onions, teriyaki)

**KOREAN BBQ** (peppers & onions, veggie mix, bulgogi sauce)

**BUDDHA** (chickpeas, sweet potatoes, spinach, edamame, peanut sauce)

**GREEN POWER** (spinach, chickpeas, avocado, veggie mix, edamame, zucchini, lemon vinaigrette)

**CANTINA** (pico, avocado, cilantro, corn, creamy chipotle sauce)

**HAWAIIAN** (mixed greens, pineapple pico, peppers & onions, avocado, honey sriracha)

**MEDITERRANEAN** (greek salad, chickpeas, olives, artichoke, tzatziki sauce)

## SALADS

**HOUSE SALAD** (spring mix, tomatoes, onions, carrots, cheese) \$7

**SOUTHWEST** (house salad w/chicken, avocado, pico, corn) \$9

**STRAWBERRY** (spinach w/chicken, strawberries, feta, granola) \$9

**HARVEST COBB** (spring mix w/chicken, apples, berries, feta) \$9

Ranch - French - Raspberry - Poppyseed - Honey Mustard - Italian - Fat Free Ranch - Oil & Vinegar

## SOUP

cup \$3 bowl \$5

## SIDES

**CHIPS** (Assorted Flavors) \$2 **FRUIT MIX** \$3

**SIDE SALAD** \$3 **POTATO SALAD** \$3

**MACARONI SALAD** \$3 **FLATBREAD CHIPS & HUMMUS** \$3

## LUNCH SPECIAL

# \$10

- Any sandwich
- Choose a side
- Pick any drink



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