

DAY SERVICE MENU

SUNDAY+TUESDAY+WEDNESDAY 8AM-1:30PM

THURSDAY+FRIDAY+SATURDAY 8AM-3:30PM

ANTIPASTO FLATBREAD SANDWICH:

Contains-potato starch, dairy(milk), pork/beef, corn

House-made garlic & herb flatbread filled with prosciutto cotto, coppa, Genoa salami, Stracchino soft mozzarella cheese, mixed greens with French dressing, and red beefsteak tomato

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Flatbread: water, potato starch, tapioca starch, millet flour, extra virgin olive oil, xanthan gum, evaporated cane sugar, salt, enzymes, white wine, oregano, garlic powder, egg replacer(potato starch, tapioca flour, baking soda, psyllium husk), water, salt

Mozzarella cheese, provolone cheese, Stracchino soft mozzarella cheese(cultured pasteurized milk, salt, enzymes), organic mixed baby salad greens(green leaf spinach, mizuna, crisp, tango, oak leaf, chard, spinach, arugula, frisée, red leaf, lolla rosa, radicchio, baby butter, kale[varies by season]), prosciutto cotta(pork cured with water, contains 2% or less of salt, dextrose, sodium phosphate, brown sugar, sodium erythorbate, sodium nitrite), coppa(pork, sea salt, sugar, natural flavoring, spices), Genoa salami(pork, beef, salt, dextrose, spices, lactic acid starter culture, sodium ascorbate, natural smoke flavor, flavoring, sodium nitrite, BHA, BHT, citric acid), red beef steak tomato, salt, pepper, oregano

French Dressing: safflower oil, extra virgin olive oil, shallot, garlic powder, Dijon mustard(water, vinegars(white distilled, red wine, white wine), mustard seed, sugar, salt, white wine, garlic, spices, xanthan gum, turmeric, natural flavors, annatto), salt, oregano

*Vegalene* non-GMO oil(sunflower oil, sunflower lecithin, natural flavor and propellant), cornmeal and millet flour used to roll out flatbread/prevent sticking

## **EGG AND CHEESE BAGEL SANDWICH** **(WITH OPTION TO ADD HAM)**

**Contains-egg, dairy(milk, butter), soy, legume(pea)**  
**Potentially Contains- pork(ham option), sesame(bagel)**

Choice of toasted bagel with avocado aioli, baked chive egg patty, *Tillamook* cheddar cheese, mixed greens, with option to add ham

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Avocado Aioli: fresh avocado, canola oil, lemon juice, water, garlic powder, sugar, distilled vinegar, salt, **pea protein**, citrus extract, guar gum, xanthan gum, garlic extract(contains **soy** and mustard oils), beta carotene

Egg Patty: **egg**, chive, salt, lemon juice, **butter**

*Tillamook* cheddar cheese(cultured **milk**, salt, enzymes, annatto(color)), mixed greens

Ham: **pork** cured with water, salt, vinegar, brown sugar, sodium phosphates, maltodextrin, sugar, sodium bicarbonate, sodium erythorbate, spice extractives, sodium nitrite [Natural pork raised with Duroc\* genetics, on a high quality vegetarian diet and raised in clean, comfortable group housing.

\*Duroc is a breed of American bred hogs known for its natural marbling and deep red color]

Bagel: water, whole grain flours(millet, brown rice), tapioca flour, xanthan gum, organic light brown sugar, white sugar, yeast, sea salt, white rice flour, cultured brown rice flour, enzymes

Potentially Contains: **sesame** seed, poppy seed, onion flakes

## **VEGAN EGG AND CHEESE BAGEL SANDWICH**

**Contains- cornstarch, cashew, soy, legume**

**Potentially Contains- sesame(bagel), coconut(breakfast patty)**

Choice of toasted bagel with baked *JUSTEgg* vegan egg patty, melted *Vtopian* vegan mozzarella cheese, mixed greens, and avocado aioli with option to add *Beyond Meat* breakfast patty

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Avocado Aioli: fresh avocado, canola oil, lemon juice, water, garlic powder, sugar, distilled vinegar, salt, **pea protein**, citrus extract, guar gum, xanthan gum, garlic extract(contains **soy** and mustard oils), beta carotene

JUSTEgg egg patty: water, **mung bean** protein isolate, expeller-pressed canola oil, **cornstarch**, contains less than 2% baking powder(sodium acid pyrophosphate, sodium bicarbonate, **cornstarch**, monocalcium phosphate), dehydrated garlic, dehydrated onion, carrot extractives(color), turmeric extractives(color), salt, transglutaminase

Vtopian vegan mozzarella: Cashew milk(**cashew**, water, cultures), tapioca starch, kappa carrageenan, **soy lecithin**, nutritional yeast, salt, miso, ume plum vinegar, guar gum, lactic acid

Beyond Meat Breakfast Patty: water, **pea protein**, expeller-pressed canola oil, refined **coconut oil**, natural flavors, yeast, rice protein, methylcellulose, yeast extract(niacin(Vitamin B3), pyridoxine hydrochloride(Vitamin B6), thiamin hydrochloride(Vitamin B1), riboflavin(Vitamin B2), folic acid(Vitamin B9), cyanocobalamin(Vitamin B12), apple extract, salt, pomegranate extract, vinegar, lemon juice concentrate, sunflower lecithin, beet juice extract(for color), carrot

Bagel: water, whole grain flours(millet, brown rice), tapioca flour, xanthan gum, organic light brown sugar, white sugar, yeast, sea salt, white rice flour, cultured brown rice flour, enzymes

Potentially Contains: **sesame** seed, poppy seed, onion flakes

## **MARINARA SAUCE:**

Sardinian tomatoes, extra virgin olive oil, carrot, celery, onion, garlic, basil, oregano, salt

## **BIANCANEVE PIZZA 10”:**

**Contains-dairy(milk), corn, potato starch**

Spinach, ricotta, mozzarella/provolone, roasted garlic, parmesan, black pepper, red pepper flakes, salt, extra virgin olive oil, garlic powder

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Pizza Dough: water, **potato starch**, tapioca starch, millet flour, extra virgin olive oil, xanthan gum, sugar, salt, amylase, yeast, white wine

Other Ingredients: *Vegalene* non-GMO oil(sunflower oil, sunflower lecithin, natural flavor and propellant), **cornmeal** and millet flour used to roll out flatbread/prevent sticking, spinach, **ricotta**, **mozzarella**, **provolone**, garlic, parmesan, black pepper, red pepper flakes, salt, extra virgin olive oil, garlic powder

## **BREAKFAST PIZZA 10”:**

**Contains-dairy(milk), corn, potato starch, soy, pork, egg**

Scrambled egg base with sausage, bacon, chives, fresh mozzarella, cheddar, mozzarella/provolone, salt, black pepper, & garlic powder

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Pizza Dough: water, **potato starch**, tapioca starch, millet flour, extra virgin olive oil, xanthan gum, sugar, salt, amylase, yeast, white wine

Other Ingredients: *Vegalene* non-GMO oil(sunflower oil, sunflower lecithin, natural flavor and propellant), **cornmeal** and millet flour used to roll out flatbread/prevent sticking, sausage(**pork**, water, textured vegetable protein(**soy flour**, salt), spices, salt, sugar, flavoring), bacon(**pork**, water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite), chive, **mozzarella**, **cheddar**, **provolone**, salt, black pepper, garlic powder, **egg**, salt

## **DAIRY-FREE PEPPERONI PIZZA 10”:**

**Contains- potato starch, pork/beef, soy, cashew, corn**

Tomato sauce, local *Vtopian* vegan mozzarella, *Simply* vegan mozzarella, pepperoni, fresh basil

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Pizza Dough: water, **potato starch**, tapioca starch, millet flour, extra virgin olive oil, xanthan gum, sugar, salt, amylase, yeast, white wine

Tomato Sauce: Sardinian tomatoes, fresh basil leaves, salt, extra virgin olive oil, oregano

Pepperoni: **pork and beef**, salt, spices, dextrose, lactic acid starter culture, oleoresin of paprika, flavoring, sodium nitrite, Bha, Bht, citric acid

Vtopian Vegan Mozzarella(local brand): cashew milk(**cashew**, water, cultures), tapioca starch, kappa carrageenan, **soy lecithin**, nutritional yeast, salt, miso, ume plum vinegar, guar gum, lactic acid

Other Ingredients: *Sysco Simply* vegan shredded mozzarella(filtered water, modified **potato starch**, palm oil, sunflower oil, sea salt, cellulose gum, dextrose(browning agent), tapioca starch, yeast extract, cellulose gel, Konjac powder(thickener), cultured dextrose, natural flavors, locust bean gum, lactic acid, probiotic cultures(bacillus subtilis), beta carotene(color), powdered cellulose(to prevent caking), *Vegalene* non-GMO oil(sunflower oil, sunflower lecithin, natural flavor and propellant), **cornmeal** and millet flour used to roll out flatbread/prevent sticking, fresh basil

## **MARGHERITA PIZZA 10”:**

**Contains-dairy(milk), corn, potato starch**

Tomato sauce, fresh mozzarella, mozzarella/provolone, fresh basil, salt

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Pizza Dough: water, **potato starch**, tapioca starch, millet flour, extra virgin olive oil, xanthan gum, sugar, salt, amylase, yeast, white wine

Tomato Sauce: Sardinian tomatoes, fresh basil leaves, salt, extra virgin olive oil, oregano

Other Ingredients: *Vegalene* non-GMO oil(sunflower oil, sunflower lecithin, natural flavor and propellant), **cornmeal** and millet flour used to roll out flatbread/prevent sticking, **fresh mozzarella**, **mozzarella**, **provolone**, fresh basil, salt

## **NY STYLE CHEESE PIZZA 10”:**

**Contains-dairy(milk), corn, potato starch**

Tomato sauce, mozzarella/provolone

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Pizza Dough: water, **potato starch**, tapioca starch, millet flour, extra virgin olive oil, xanthan gum, sugar, salt, amylase, yeast, white wine

Tomato Sauce: Sardinian tomatoes, fresh basil leaves, salt, extra virgin olive oil, oregano

Other Ingredients: *Vegalene* non-GMO oil(sunflower oil, sunflower lecithin, natural flavor and propellant), **cornmeal** and millet flour used to roll out flatbread/prevent sticking, **mozzarella/provolone**

## **PEPPERONI PIZZA 10”:**

**Contains-dairy(milk), corn, potato starch, pork/beef**

Tomato sauce, mozzarella/provolone, pepperoni, salt

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Pizza Dough: water, **potato starch**, tapioca starch, millet flour, extra virgin olive oil, xanthan gum, sugar, salt, amylase, yeast, white wine

Tomato Sauce: Sardinian tomatoes, fresh basil leaves, salt, extra virgin olive oil, oregano

Pepperoni: **pork and beef**, salt, spices, dextrose, lactic acid starter culture, oleoresin of paprika, flavoring, sodium nitrite, Bha, Bht, citric acid

Other Ingredients: *Vegalene* non-GMO oil(sunflower oil, sunflower lecithin, natural flavor and propellant), **cornmeal** and millet flour used to roll out flatbread/prevent sticking, **mozzarella, provolone**, salt



## **APRIL PIZZA SPECIAL 10" FRIDAY-SUNDAY: PINEAPPLE HAM PEPPERONCINI**

**Contains-potato, pork, corn, dairy(milk)**

Tomato sauce, mozzarella, provolone, ham, pineapple, pepperoncini

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Pizza Dough: water, **potato starch**, tapioca starch, millet flour, extra virgin olive oil, xanthan gum, sugar, salt, amylase, yeast, white wine

Tomato Sauce: Sardinian tomatoes, fresh basil leaves, salt, extra virgin olive oil, oregano

Ham: **pork** cured with water, salt, vinegar, brown sugar, sodium phosphates, maltodextrin, sugar, sodium bicarbonate, sodium erythorbate, spice extractives, sodium nitrite [Natural pork raised with Duroc\* genetics, on a high quality vegetarian diet and raised in clean, comfortable group housing.

\*Duroc is a breed of American bred hogs known for its natural marbling and deep red color]

Other Ingredients: *Vegalene* non-GMO oil(sunflower oil, sunflower lecithin, natural flavor and propellant), **cornmeal** and millet flour used to roll out flatbread/prevent sticking, **mozzarella**, **provolone**, salt, pineapple(pineapple, pineapple juice, clarified pineapple juice from concentrate(water, clarified pineapple juice from concentrate), pepperoncini(peppers, water, distilled vinegar, sea salt, citric acid, turmeric, sodium metabisulfite(added as a color stabilizer), beta carotene, ascorbic acid)

## **VEGAN MARGHERITA PIZZA 10":**

**Contains-corn, potato starch, soy, cashew**

Tomato sauce, local *Vtopian* vegan mozzarella, *Simply* vegan mozzarella, Roma tomato, salt, oregano, fresh basil, extra virgin olive oil

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Pizza Dough: water, **potato starch**, tapioca starch, millet flour, extra virgin olive oil, xanthan gum, sugar, salt, amylase, yeast, white wine

Tomato Sauce: Sardinian tomatoes, fresh basil leaves, salt, extra virgin olive oil, oregano

Vtopian Vegan Mozzarella(local brand): cashew milk(**cashew**, water, cultures), tapioca starch, kappa carrageenan, **soy lecithin**, nutritional yeast, salt, miso, ume plum vinegar, guar gum, lactic acid

Other Ingredients: *Sysco Simply* vegan shredded mozzarella(filtered water, modified **potato starch**, palm oil, sunflower oil, sea salt, cellulose gum, dextrose(browning agent), tapioca starch, yeast extract, cellulose gel, Konjac powder(thickener), cultured dextrose, natural flavors, locust bean gum, lactic acid, probiotic cultures(bacillus subtilis), beta carotene(color), powdered cellulose(to prevent caking), *Vegalene* non-GMO oil(sunflower oil, sunflower lecithin, natural flavor and propellant), **cornmeal** and millet flour used to roll out flatbread/prevent sticking, Roma tomato, salt, oregano, fresh basil, extra virgin olive oil

## **VEGAN NY STYLE CHEESE PIZZA 10”:**

**Contains-corn, potato starch, soy, cashew**

Tomato sauce, local *Vtopian* vegan mozzarella, *Simply* vegan mozzarella

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Pizza Dough: water, **potato starch**, tapioca starch, millet flour, extra virgin olive oil, xanthan gum, sugar, salt, amylase, yeast, white wine

Tomato Sauce: Sardinian tomatoes, fresh basil leaves, salt, extra virgin olive oil, oregano

Vtopian Vegan Mozzarella(local brand): cashew milk(**cashew**, water, cultures), tapioca starch, kappa carrageenan, **soy lecithin**, nutritional yeast, salt, miso, ume plum vinegar, guar gum, lactic acid

Other Ingredients: *Sysco Simply* vegan shredded mozzarella(filtered water, modified **potato starch**, palm oil, sunflower oil, sea salt, cellulose gum, dextrose(browning agent), tapioca starch, yeast extract, cellulose gel, Konjac powder(thickener), cultured dextrose, natural flavors, locust bean gum, lactic acid, probiotic cultures(*Bacillus subtilis*), beta carotene(color), powdered cellulose(to prevent caking), *Vegalene* non-GMO oil(sunflower oil, sunflower lecithin, natural flavor and propellant), **cornmeal** and millet flour used to roll out flatbread/prevent sticking

## **WINTER SALAD SERVED WITH HOUSEMADE FLATBREAD AND A SIDE OF SOFT MOZZARELLA:**

**Contains-pecan, soy, corn, dairy(milk: cow & goat), potato starch**

Roasted cubed squash, mixed salad greens, sliced red onion, roasted seasoned pecans, dates, goat cheese crumble, and white balsamic reduction served with our housemade garlic & herb flatbread and a side of stracchino soft mozzarella

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Flatbread: water, **potato starch**, tapioca starch, millet flour, extra virgin olive oil, xanthan gum, evaporated cane sugar, salt, enzymes, white wine, oregano, garlic powder, egg replacer(potato starch, tapioca flour, baking soda, psyllium husk), water, salt

Other Ingredients: Roasted cubed squash(mixed varieties might include butternut, acorn, delicata, hubbard, sweet dumpling, kabocha, turban, carnival, and buttercup), mixed salad greens, sliced red onion, roasted seasoned **pecans**(chili infused honey, salt, garlic powder, GF Worcestershire sauce(water, distilled vinegar, molasses, salt, citric acid, dextrose, caramel color, natural flavors, malic acid, hydrolyzed **soy and corn protein**, dehydrated onion, dehydrated garlic)), pitted dates, goat cheese crumble(cultured pasteurized organic **goat's milk**, powdered cellulose(to prevent caking), salt, enzymes), white balsamic reduction(concentrated white balsamic vinegar, pure cane sugar), *Vegalene* non-GMO oil(sunflower oil, sunflower lecithin, natural flavor and propellant), **cornmeal** and millet flour used to roll out flatbread/prevent sticking, Stracchino soft mozzarella cheese(cultured pasteurized **milk**, salt, enzymes)



## Everything Bagel

### Contains-sesame

Water, whole grain flours (millet, brown rice), tapioca flour, xanthan gum, organic light brown sugar, white sugar, yeast, sea salt, sesame seeds, poppy seeds, onion flakes, white rice flour, cultured brown rice flour, enzymes.

## Sesame Bagel

### Contains-sesame

Water, whole grain flours (millet, brown rice), tapioca flour, xanthan gum, organic light brown sugar, white sugar, yeast, sea salt, sesame seeds, white rice flour, cultured brown rice flour, enzymes.

## Poppy Bagel

Water, whole grain flours (millet, brown rice), tapioca flour, xanthan gum, organic light brown sugar, white sugar, yeast, sea salt, poppy seeds, white rice flour, cultured brown rice flour, enzymes.

## Plain Bagel

Water, whole grain flours (millet, brown rice), tapioca flour, xanthan gum, organic light brown sugar, white sugar, yeast, sea salt, white rice flour, cultured brown rice flour, enzymes.

## SPREADS

Butter: butter, salt

### Contains-dairy(butter)

Cream Cheese (Brand: Smithfield)

### Contains-dairy(milk)

Pasteurized cultured milk and cream, salt, stabilizers(guar gum and carob bean gum)

Garlic & Chive Cream Cheese

### Contains-dairy(milk)

cream cheese(pasteurized cultured milk and cream, salt, stabilizers(guar gum and carob bean gum)), chives, garlic powder.

Vegan Cream Cheese (Brand: Tofutti)

### Contains-soy

water, expeller processed natural oil blend(soybean, palm fruit, and olive), maltodextrin, nongmo(soy protein, tofu), non-dairy lactic acid, blend of natural gums(locust bean, guar, cellulose and xanthan)

Vegan Garlic & Chive Cream Cheese

### Contains-soy

vegan cream cheese (water, expeller processed natural oil blend(soybean, palm fruit, and olive), maltodextrin, non-gmo(soy protein, tofu), non dairy lactic acid, blend of natural gums(locust bean, guar, cellulose and xanthan), organic sugar, salt.), chives, garlic powder.

Earth Balance (Brand: Earth Balance!)

oil blend(modified palm oil, canola and olive oils), water, salt, flavour, sunflower lecithin, lactic acid, annatto extract)

Raspberry Jam (Brand: Danish Orchards)

Raspberries, sugar, glucose-fructose syrup, water, fruit pectin, citric acid, potassium sorbate(preservative), xanthan gum