GF BREAKFAST & MORE

- served all day -

Bagel & Cream Cheese 7.75

gluten-free, nut-free, soy-free

GF bagel (plain, sesame, every seed or chocolate chip) toasted with cream cheese

add veggies (red onion, cucumber or tomato) + \$1 each sub vegan cream cheese + .50

Bacon & Egg Breakfast Sandwich 14.75

gluten-free, nut-free, soy-free

Smoked bacon (or ham) with egg, melted cheddar, tomatoes and chipotle mayo on toasted GF sandwich bread or Egg & Cheese option \$12.75

Veggie Sandwich 10.75

gluten-free, nut-free, soy-free

Cream cheese, cucumbers, red onions, capers and greens on GF sandwich roll. Or top with your choice of meat: turkey, ham or bacon. \$14.75

SAVORY FARE

Curried Empanada 8.5

gluten-free, milk-free, nut-free, soy-free, vegan

Filled with organic potatoes, carrots, red onions, peas and

Spanakopita (Spinach + Feta) Pocket 12.5

gluten-free, nut-free, soy-free

Filled with organic spinach, sheep's milk feta and ricotta

Ham & Cheese Pocket 12.5

gluten-free, nut-free, soy-free

Filled with nitrate-free smoked ham, gruyere & swiss cheese

Chicken Pot Pie 15.5

gluten-free, nut-free, soy-free

Mary's free-range oven-roasted chicken breast, organic onions, celery, peas and carrots in herbed sauce

6" Veggie Quiche 14.5

gluten-free, nut-free, soy-free

Organic bell peppers, spinach and yellow onions with swiss, gruyere and parmesan in an egg base

Garden Salad 8.5

gluten-free, milk-free, nut-free, soy-free

Mixed greens garden salad with cucumbers and tomatoes. Served with grapefruit white balsamic dressing. Or top with your choice of meat: turkey, ham or crisp bacon. \$12.50

GF LUNCH & MORE

 we can modify orders, but we cannot make custom (build-your-own) sandwiches -

B.L.A.T. 15.75

gluten-free, milk-free, nut-free, soy-free

Smoked bacon, iceberg lettuce, avocado and tomato with chipotle mayo on toasted GF sandwich batard

Deli Sandwich 15.75

gluten-free, nut-free, soy-free

Diestel Farms roasted turkey breast, tomatoes, red onions, iceberg lettuce, swiss (or cheddar) and mayo on toasted GF sandwich roll

The Gobbler 15.75

gluten-free, nut-free, soy-free

Diestel Farms roasted turkey breast, cranberry sauce, greens, red onion, cheddar and mayo on toasted GF baguette

Ham & Turkey Club 15.75

gluten-free, nut-free, soy-free

Diestel Farms turkey breast, smoked ham, iceberg lettuce, tomato and cheddar with mayo on toasted GF batard

Turkey Reuben 15.75

gluten-free, nut-free

Diestel Farms roasted turkey breast, Sonoma Brinery raw sauerkraut and thousand island spread with melted swiss on toasted GF rye bread. Served with a side of pickle

Fig Jam & Goat Cheese Toast 14.75

gluten-free, nut-free, soy-free

Whipped goat cheese, fig preserves and arugula, drizzled with olive oil, sea salt & black pepper on toasted GF baguette

Avocado Toast 14.75

gluten-free, milk-free, nut-free, soy-free, vegan

Avocado, tomato and cucumber, drizzled with olive oil, sea salt & black pepper on toasted GF baguette

Baked Grilled Cheese 8.5

gluten-free, nut-free, soy-free

Cheddar cheese baked onto GF sandwich bread

Add -ons

turkey, bacon or ham + 4

avocado +3

egg patty +3

cheese (swiss, cheddar, cream

or goat) + 3

veggies + 1 each

sub croissant + 2.50 sub bagel + 2

potato chips + 2.50

GF TAKE & BAKE

Chocolate Chip Cookies

GF EASY DINNERS TO GO

Three Cheese Pizza - seasonal
Fresh Fettucine
Fresh Pappardelle
Fresh Spinach Ricotta Ravioli
Fresh Three Cheese Ravioli
Spinach Lasagne
Garlic Bread
Parbaked 10" Pizza Crust
Parbaked 6" Pizza Crust



Assorted Cold Beverages

from our cooler

for SF Menu visit:







OAKLAND | SF

5427 telegraph ave 1 ferry building unit D3 shop 32 oakland san francisco



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