

GLUTEN-FREE BREAKFAST

gluten-free • sin gluten • sans gluten • glutenfri • senza glutine • glutenfrei

Bagel & Cream Cheese **6.75**

gluten-free, nut-free, soy-free

GF bagel (plain, sesame or every seed) toasted with cream cheese
add veggies (red onion, cucumber or tomato) + \$1 each or
add smoked salmon + \$6

Bacon & Egg Breakfast Sandwich **14**

gluten-free, nut-free, soy-free

Smoked bacon (or ham) with egg, melted cheddar, tomatoes and
chipotle mayo on toasted gluten-free sandwich bread
or vegetarian option: Cheese & Egg Sandwich \$12

Smoked Salmon Sandwich **15**

gluten-free, nut-free, soy-free

Wild-caught smoked sockeye salmon with cream cheese, cucumbers,
red onions and greens on gluten-free sandwich roll

TOASTS

Strawberry Jam **10**

gluten-free, nut-free, soy-free

Toasted half GF baguette with butter and French strawberry preserves

Fig Jam & Goat Cheese **14**

gluten-free, nut-free, soy-free

Toasted half GF baguette with whipped goat cheese, fig preserves
and arugula, drizzled with olive oil, sea salt & black pepper

Avocado **14**

gluten-free, dairy-free, nut-free, soy-free, vegan

Toasted half GF baguette with avocado, tomato and cucumber,
drizzled with olive oil, sea salt & black pepper

ADD-ONS

smoked sockeye salmon + \$6

herb roasted turkey + \$4

bacon or ham + \$4

avocado + \$3

egg patty + \$3

cheese (swiss, cheddar, cream cheese) + \$3

veggies + \$1 each

sub croissant + \$2.50

sub bagel + \$2

potato chips + \$2.50

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GLUTEN-FREE LUNCH

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SANDWICHES

B.L.A.T. 15

gluten-free, dairy-free, nut-free, soy-free

Smoked bacon, iceberg lettuce, avocado and tomato with chipotle mayo on toasted gluten-free sandwich batard

Deli Sandwich 15

gluten-free, nut-free, soy-free

Diestel Farms roasted turkey breast, tomatoes, red onions, iceberg lettuce, swiss and mayo on toasted gluten-free sandwich roll

The Gobbler 15

gluten-free, nut-free, soy-free

Diestel Farms roasted turkey breast, cranberry sauce, arugula, red onion, cheddar and mayo on toasted gluten-free baguette

Ham + Turkey Club 16

gluten-free, nut-free, soy-free

Diestel Farms turkey breast, smoked ham, iceberg lettuce, tomato & cheddar with mayo on toasted gluten-free sandwich batard

SAVORY FARE

Bacon Garden Salad 12

gluten-free, dairy-free, nut-free, soy-free

Garden salad with cucumbers and tomatoes. Topped with crisp bacon and served with grapefruit white balsamic vinaigrette.

Curried Empanada 8

gluten-free, dairy-free, nut-free, soy-free, vegan

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

Spanakopita (Spinach + Feta) Pocket 12

gluten-free, nut-free, soy-free

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

Ham & Cheese Pocket 12

gluten-free, nut-free, soy-free

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

Chicken Pot Pie 16

gluten-free, nut-free, soy-free

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

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BREAKFAST

Bagel & Cream Cheese 6.75
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GF bagel (plain, sesame or every seed) toasted with cream cheese
 add veggies (red onion, cucumber or tomato) + \$1 each or
 add smoked salmon + \$6

Bacon & Egg Breakfast Sandwich 14
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Smoked bacon (or ham) with egg, melted cheddar, tomatoes and
 chipotle mayo on toasted gluten-free sandwich bread
 or vegetarian option: Cheese & Egg Sandwich \$12

Smoked Salmon Sandwich 15
 gluten-free, nut-free, soy-free

Wild-caught smoked sockeye salmon with cream cheese,
 cucumbers, red onions and greens on gluten-free sandwich roll

TOASTS

Strawberry Jam 10
 gluten-free, nut-free, soy-free

Toasted half GF baguette with butter and French strawberry preserves

Fig Jam & Goat Cheese 14
 gluten-free, nut-free, soy-free

Toasted half GF baguette with whipped goat cheese, fig preserves
 and arugula, drizzled with olive oil, sea salt & black pepper

Avocado 14
 gluten-free, dairy-free, nut-free, soy-free, vegan

Toasted half GF baguette with avocado, tomato and cucumber,
 drizzled with olive oil, sea salt & black pepper

ADD-ONS

- | | |
|---|------------------------|
| smoked sockeye salmon + \$6 | veggies + \$1 each |
| herb roasted turkey + \$4 | sub croissant + \$2.50 |
| bacon or ham + \$4 | sub bagel + \$2 |
| avocado + \$3 | potato chips + \$2.50 |
| egg patty + \$3 | |
| cheese (swiss, cheddar, cream cheese) + \$3 | |

SANDWICHES

B.L.A.T. 15
 gluten-free, dairy-free, nut-free, soy-free

Smoked bacon, iceberg lettuce, avocado and tomato with chipotle
 mayo on toasted gluten-free sandwich batard

Deli Sandwich 15
 gluten-free, nut-free, soy-free

Diestel Farms herb roasted turkey breast, tomatoes, red onions,
 iceberg lettuce, swiss and mayo on toasted gluten-free sandwich roll

The Gobbler 15
 gluten-free, nut-free, soy-free

Diestel Farms herb roasted turkey breast, cranberry sauce, arugula,
 red onion, cheddar and mayo on toasted gluten-free baguette

Ham + Turkey Club 16
 gluten-free, nut-free, soy-free

Diestel Farms turkey breast, smoked ham, iceberg lettuce, tomato &
 cheddar with mayo on toasted gluten-free sandwich batard

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

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 gluten-free, nut-free, soy-free

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

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