

CAFE

COFFEE + DRINKS

Drip 12 / 16 oz	2.5 / 2.75
Pour Over	4
Cold Brew 12 / 16 oz	3.5 / 4
Espresso	2.75
Macchiato	3.25
Cortado	3.5
Cappuccino	3.75
Latte	4
Americano	3
Cafe Au Lait	3
Tea	3
Matcha Latte	4
Chai Latte	4.25
Mocha	4.25
Hot Cocoa 12 / 16 oz	3.25 / 3.5
+ Flavors	0.75
(vanilla, caramel, hazelnut)	
+ Ice	0.5
+ Extra Shot	1.75

SMOOTHIES.....8

Tropical

banana, pineapple, mango, carrot,
almonds, coconut

Boost

banana, peanut butter, maple, oats, espresso

Mixed Berry

banana, blueberry, strawberry, coconut

Green

banana, pineapple, avocado, spinach

SMOOTHIE BOWLS.....11

Antioxidant Bowl

acai, pomegranate, strawberry, blueberry,
fig, greek yogurt, spirulina, coconut,
gluten-free granola

Almond Mocha Bowl

organic banana, almond butter, cocoa,
cold brew, sliced almonds, fresh banana,
cacao nibs

Tahini Chai Bowl

organic banana, fresh figs, tahini, vanilla,
chai, black sesame, pepita

BREAKFAST

CLASSICS

Bagel or Philly Muffin.....	2.5
+ plain cream cheese.....	1.25
+ flavored cc, hummus, or goat cheese.....	1.5
+ avocado spread.....	2

Avocado Toast.....	5.5
2 pieces of toast – substitute white bean, or egg salad	

Pancakes.....	9
housemade, served with local maple syrup and butter	

OATMEAL.....	4
Water or steamed milk	

Heritage Oats
brown sugar, raisins, sea salt

The Fix
brown sugar, cranberries, blueberries, pepitas, almonds

The Dutch
caraway, ginger, cinnamon, apple schnitz, orange zest

AB & J
almond butter, maple, cinnamon, raspberry jam

SANDWICHES

All sandwiches served with a side of potatoes

Classic Sandwich.....	7.5
bacon, egg, & cheddar (potato pullman bread)	

Sunrise Sandwich.....	6.5
eggs, garlic, lemon thyme (multigrain bread)	

Shepherd Sandwich.....	6.25
eggs, goat cheese, tomato, greens (multigrain bread)	

Redwood Sandwich.....	10
egg whites, organic turkey bacon, avocado spread, tomato, greens (multigrain bread)	

Garden Wrap.....	9.5
eggs, mushroom trio, red peppers, caramelized onions, garlic, greens (wheat wrap)	

PLATTERS

Lox Platter.....	10
smoked salmon, bagel or muffin, whipped cream cheese, tomato, red onion, capers	

River Hash.....	11.5
egg, potato, and caramelized onion hash with bacon, poached salmon, spicy honey, and thick wheat toast	

Bison Breakfast.....	9.5
2 eggs made to order, housemade bison sausage, seared tomato, thick wheat toast	

BUILD YOUR OWN

Sandwich or Platter	
3 Eggs With Choice of Bread.....	3
+ tomato, greens, or caramelized onion.....	0.5
+ cheese: cheddar, american, goat.....	1
+ avocado spread.....	2
+ roasted potatoes.....	2
+ pork or turkey bacon, housemade sausage	3

LUNCH

SANDWICHES

All sandwiches served with your choice of salad or grains

Veggie Hoagie.....11.5

horseradish mayo, roasted brussels sprouts,
delicata squash, mushroom trio, pickled red onion,
sunflower seeds, parmesan (long roll)

Better BLT.....11

thick potato bread, horseradish mayo,
maple pepper bacon or tofu, dressed greens,
marinated tomato (potato pullman bread)
+ avocado spread.....2

Chicken + Fig.....12

ciabatta, sliced chicken breast, goat cheese,
fig spread, red onion, greens (ciabatta bread)

Hummus Sandwich.....9

housemade hummus, tomato, cucumber,
watermelon radish, greens (multigrain bread)

SALADS

Forager's Salad.....9.75

mixed greens, pea tendrils, mushroom trio,
roasted beets, sunflower seeds, vinaigrette

Better With Greens.....9.25

baby spinach, goat cheese, fresh figs,
toasted almonds, vinaigrette

Caesar Salad.....8.25

romaine, croutons, parmesan, housemade dressing
+ chicken or salmon.....3.5

Cleanup Grain Bowl.....10

mixed greens, grain salad, roasted brussels sprouts
and cauliflower, vinaigrette

SOUPS

Soup of the Day.....5.5

choice of meat or veggie soup served with
toasted baguette

+ side salad.....3