DRINKS

DRIP COFFEE 12oz (2.5) 16oz (2.75)POUR OVER (4) COLD BREW 12oz (3.5) 16oz (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 12oz (3.25) 16oz (3.5) BULLET PROOF COFFEE (4) + add flavors: caramel, vanilla, hazelnut (.75) + add ice (.5)

+ add extra shot (1.5)

SMOOTHIES

made with almond milk (unless otherwise requested) + add greens, spirulina, or protein powder (1)

BOOST (8) 厳 banana, peanut butter, maple, oats, espresso

MIXED BERRY (8) banana, raspberry, blueberry, coconut puree

GREEN (8) **(** banana, pineapple, avocado, spinach

TROPICAL (8) banana, pineapple, mango, carrot, almonds, coconut

SMOOTHIE BOWLS

ANTIOXIDANT BOWL (11) acai, pomegranate, raspberry, blueberry, greek yogurt, spirulina, coconut puree, granola

ALMOND MOCHA BOWL (11) banana, almond butter, cocoa, cold brew, sliced almonds, cacao nibs, granola

OMEGA BOWL (11) banana, raspberry, goji berry, almond butter, flax, chia, granola



BAGEL OR PHILLY MUFFIN (2.5) plain cream cheese (3.75) scallion cream cheese (4) veggie cream cheese (4) sweet cream cheese (4) vegan butter (.75)

AVOCADO TOAST (5.5) 🏐 thick cut wheat toast, avocado spread

EGG SALAD TOAST (5.5) multigrain toast, egg salad

BAGEL AND LOX (10) smoked salmon, cream cheese, tomato, red onions, capers, greens, choice of bagel

ALMOND BUTTER TOAST (5) 🏵 thick cut wheat toast, almond butter, sliced banana, hemp seeds

OATMEAL

THE FIX (4) 🏐 brown sugar, cranberries, blueberries, pepitas, almonds

AB&J (4) 🏐 almond butter, maple, cinnamon, raspberry jam

THE DUTCH (4) caraway, ginger, cinnamon, apple, orange zest

SWEET

CINNAMON ROLL PANCAKES (12) 3 pancakes, pecan, black currant, cinnamon, cream cheese frosting, maple syrup

YOGURT PARFAIT WITH **SEASONAL FRUIT** (9)

ASSORTED PASTRIES & BREAD check out our pastry case for today's selections

BREAKFAST SERVED ALL DAY

BAGELS, BREADS, & SPREADS

local greek yogurt, gluten free granola, seasonal fruit, local honey

SANDWICHES

all sandwiches served with a side of potatoes

CLASSIC SANDWICH (7.5) scrambled eggs, bacon, white cheddar, brioche toast

SHEPHERD SANDWICH (7.5) scrambled eggs, goat cheese, tomato, greens, everything philly muffin

REDWOOD SANDWICH (10) scrambled egg whites, turkey bacon, tomato, greens, multigrain toast

GARDEN WRAP (9.5) scrambled eggs, sautéed spinach, red pepper and onions, whole wheat wrap

SAVORY

EGG PLATTER (6.5) 3 eggs scrambled, multigrain toast, avocado spread + add american, white cheddar, goat cheese (1) + add pork bacon, turkey bacon, bison sausage (3)

BISON BREAKFAST (9.5) scrambled eggs, bison sausage, seared tomato, thick wheat toast

TOFU SCRAMBLE (9) seasoned tofu, butternut squash, red peppers, spinach, smoked paprika ketchup, multigrain toast

RIVER HASH (11.5) scrambled eggs, potatoes, bacon, poached salmon, hot honey, thick wheat toast

SIDES

BREAKFAST POTATOES (3) TURKEY OR PORK BACON (3) 2 EGGS (3)



SOUPS

+ add side salad with any soup (3)

TURKEY NOODLE (5.5) turkey, carrot, celery, onion, egg noodles, vegetable broth

LENTIL AND POTATO (5.5) 厳 beluga lentil, potato, carrot, vegetable brot

SEASONAL ask about today's special

SANDWICHES

+ replace side salad with soup on any sand

ROASTED TURKEY CLUB (12)

rosemary apple spread, herb roasted turke maple bacon, herb mayo, greens, multigrai

PUMPKIN SEED PESTO TOFU MOZZ tofu mozzarella, pesto, tomato, greens, balsamic reduction

CHICKEN AND BRIE (12)

chicken breast, brie, cranberry sauce, herb mayo, brioche toast

BISCUITS & GRAVY (12) apple cheddar biscuit with bison sausage

OATMEAL (8) 🕸

cinnamon baked oatmeal, poached pear, toasted almond, coconut milk

BISON SLIDERS (12)

grass fed bison sliders, aged cheddar, pickles, aioli

LUNCH SERVED ALL DAY

	SALADS + add turkey, chicken, or poached salmon (4)
	BETTER WITH GREENS (9.25)
	spring greens, za'atar butternut squash,
	pickled onion, cucumber, pumpkin seed
	crusted herb goat cheese, cider vinaigrette
th	CLEANUP GRAIN BOWL (10) 🕸
	spring greens, apples, wild rice, dried cranberries, walnuts, cider vinaigrette
	CAESAR SALAD (8.75)
	romaine, croutons, parmesan, caesar dressing

	BETTER BLT (11)
ey, ain toast	maple pepper bacon, mayo, tomato, greens, balsamic reduction, brioche toast
2 (11)	PEAR AND BRIE CROISSANT (12) sliced pears, almonds, brie, local honey drizzle, plain croissant

BISON SAUSAGE SANDWICH (12) bison sausage, herb mayo, greens, philly muffin

BRUNCH

AVAILABLE SATURDAYS & SUNDAYS ONLY

	FRENCH TOAST (10)
gravy	vegan apple pie stuffed french toast, cinnamon whip, toasted almond
	FRITTATA (10)

sun-dried tomato, potato, rosemary

SKILLET (12) chicken pot pie, rosemary biscuit, side salad