

ESPRESSO

Espresso	2.5
Long Black	2.75
Macchiato	2.75
Cortado	3.5
Cappuccino	3.5
Latte	4
Mocha	4.5
Smoky Salted Caramel Latte	4.5

ICED SEASONAL DRINKS

Coffee

Peanut Butter Cup	4.75
A creamy, rich blend of espresso, milk and mocha peanut butter magic	
The Hummingbird	4.75
Espresso sweetened with honey, lavender, macadamia, and almond milk	
La Michoacana Popffogato	4.25
A fresh and creamy popsicle topped with espresso.	
*Ask barista for flavors	
Cherry Coffee Cola	4.5
Sparkling coffee cola sweetened with house-made cherry syrup	
Old Fashioned	4
5 oz. drink made with espresso, bitters and house-made cascara syrup	

Tea

Coco Mango Matcha	4.6
Matcha green tea, mango coconut syrup, coconut water, and rice milk	
Schizandra Berry Fizz	3.5
A tart sparkling tea with a hint of honey, lavender and tangerine	

FEATURED ROASTER

Barista Parlor

Nashville, TN

Heleanna - Ethiopia

Orange blossom honey, dates, papaya

Japanese Iced Phoenix 4.75

El Meridiano - Colombia

Red grape, spiced cider, nougat

Chemex 4.75

COLD BREW

Intelligentsia - Polar Cat Blend

Caramel, Lime, Cherry

Toddy 3.75

Intelligentsia - El Gallo

Stone fruit, dark sugars, honey

Yama 3.5

ETC...

Chai Latte	4.25
Hot Chocolate	3
Seasonal Iced Tea	2.8

DRIP

Mon - Fri 7:00 - 10:00 am only

Commuter Cup 2.75

Extra

Soy, Almond, Extra Shot75

ORGANIC TEAS

Black	2.5
Herbal.....	2.5
Green	3
White	3.25

* Ask Barista for current selections

OTHER DRINKS

Water	2
Sparkling Water	2.5
Soda	3
Beer	4.5

* Ask Barista for current selections

BITES

Cookies	1.5
Plain Croissant	3
Chocolate Croissant	4
Cheese Duchess	5
Pecan Croissant	7
Scones	3
Gluten Free Banana Bread	4
Yogurt & Granola	8

SWEET LALA COOKIES

Sweet Lala's partners with Juvenile Intervention & Faith Based Follow Up, a non-profit organization helping kids flourish free from a life of crime.

Cookies	2.25
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* Sandwich availability changes daily. Ask Barista for current selections.

Butcher's Cold Cut	9
City ham, gabagool, tasso, pastrami, fontina, Dijon aioli and iceberg lettuce	
Veggie Sandwich	9
Ciabatta bread, chickpeas, red onion, red wine vinegar, Kalamata olives, mozzarella cheese, lemon conserva	
Turkey Croissant	9
Porcellino's turkey roll, arugula, pickled fennel, bacon and pesto, croissant	
Ham & Cheese Sandwich	9
Home Place Pastures City Ham with cheddar and Dijon on a hoagie roll	
Pastrami	9
Claybrook Farms Pastrami with swiss cheese, sauerkraut, and whole grain mustard on rye bread	
Roast Beef	9
Claybrook Farms beef with fontina, horseradish aioli, lettuce, and tomato on a hoagie roll	