

BREAKFAST *Served all day*

B-FAST SANDWICH

7
Your choice of Nueske's bacon, spiral ham, or maple sausage with scrambled eggs, and American cheese on a pressed hoagie roll

B-FAST MUSHROOM

7
Sautéed mushrooms and shallots, scrambled eggs, fontina and manchego cheeses on a pressed hoagie roll

B-FAST PORCHETTA

11
Herb roasted pork, provolone, shaved pecorino Romano, parmesan-herb aioli, with a fried egg on toasted ciabatta

STEAK & EGGS

12
Pulled short rib, provolone cheese, avocado crema, onion jalapeno relish, and cilantro with a fried egg on toasted ciabatta

RAMEN BURRITO

7
Ramen noodles, scrambled eggs, maple sausage, scallions, and Sriracha,

BREAKFAST BURRITO

7
Scrambled eggs, sausage, avocado crema, potatoes, white cheddar and manchego

GRAB AND GO

YOGURT CUP

6
Greek yogurt, granola, and berries

STEEL CUT OATMEAL GF, DF

5
Oatmeal and quinoa blend topped with fruit

CHIA CUP GF, DF, V

5
Chia, almond milk, fresh fruit & nuts

OVERNIGHT OATS GF, DF, V

5
Oatmeal, red quinoa, flax seeds, sliced Almonds, dried cherries, agave

FRUIT CUP *Seasonal Fruit* GF, DF, V

7

7

11

12

7

7

6

5

5

5

5

SANDWICHES

BUFFALO CAULIFLOWER

9
Crispy cauliflower tossed in a buffalo-blue cheese sauce with a banana pepper slaw on a toasted hoagie roll

PORCHETTA

11
Herb roasted pork, braised kale, provolone, sautéed onions, shaved pecorino Romano, and parmesan-herb aioli on toasted ciabatta

MEATBALL HOAGIE

9
Pork, beef, and veal meatballs, mother's gravy, stracciatella, provolone, and pecorino Romano on a toasted hoagie roll

VEGGIE BURGER

9
A chickpea, farro, mushroom, and cauliflower patty, soy-ginger glaze, provolone cheese, arugula and carrot salad with a lemon caper vinaigrette in a pita

ROAST BEEF

9
Homemade thin sliced roast beef, arugula, onion-horseradish aioli, Muenster cheese, and crispy onions served on toasted ciabatta

ROOSTER

10
A crispy chicken breast, banana pepper slaw, sliced jalapeno, avocado, sambal mayo on toasted ciabatta

TUNA POKE

12
Sashimi grade tuna, mango, avocado, cucumber, cashews, and scallions tossed in a soy ginger vinaigrette served on a toasted hoagie roll

MACHETTE

11
Short rib, provolone, avocado crema, jalapeno and onion relish, and cilantro on pressed ciabatta

TURKEY CLUB

10
House made oven roasted turkey, Nueske's bacon, mixed greens, tomato, and parmesan-herb aioli on toasted ciabatta

MAKE IT A BOWL

*Skip the bread and get your sandwich served on a bed of mixed greens
Add a scoop of farro +1*

SALADS

KALE CAESAR SALAD

8
Baby kale, shaved pecorino Romano, croutons, and Caesar dressing

MIXED GREEN SALAD GF, DF, V

8
Baby kale and spring mix, roasted red peppers, chickpeas, cucumber, and quinoa with an Acai vinaigrette

+Grilled/ Crispy Chicken \$4
+Sliced Turkey \$4
+Tuna Poke \$8
+Buffalo Cauliflower \$4

SMOOTHIES

CHOCOLATE & PB GF, DF, V

8
Mixed berries, chocolate Ripple, PBfit powder, banana, kale, cacao, Vega protein powder, flax seeds

MANGO YOGURT GF, DF, V

8
Mango, Greek yogurt, vanilla Ripple, orange juice, banana, carrot, ginger, Vega protein powder, honey

ACAI BERRY GF, DF, V

8
Acai, vanilla Ripple, banana, mixed berries, kale, flax seeds, Vega protein powder

GREEN GF, DF, V

8
Pineapple, apple, kale, celery, avocado, banana, Vega protein powder, coconut water

SIDES

HOMEMADE CHIPS

3

FRENCH FRIES

3

GARLIC PARM FRIES

3.5

MAC N CHEESE

4

GARBANZO BEAN SALAD

3

CUCUMBER SALAD

3

QUINOA SALAD

3