

BREAKFAST MENU

Bagels

- With Butter - **\$2.50** ~ Cream Cheese- **\$3.25**
Veg Cream Cheese (scape made)- **\$3.75**
Peanut Butter - **\$3.50** ~ Hummus & Veg- **\$7.95**

Granola

- Granola with fresh fruit & yogurt or milk - **\$6.95**

Breakfast Sandwiches

On a bagel, bread or wrap

- Rise N Shine** – egg & cheddar with roasted tomato-garlic spread - **\$6.95**
The Egg-Scape – egg, roasted potato, tomato, onion & provolone - **\$8.25**
Greek Good Morning – egg, feta, roasted red peppers, artichoke hearts & onion - **\$8.25**
Johnny Pesto – egg, pesto, tomato & farm cheese - **\$8.25**
Buenas Dias – egg, avocado, salsa & cheddar - **\$8.25**
The Screaming Goat – fresh chevre, eggs, hot sauce, onions & roasted red peppers - **\$8.25**
Breakfast Burrito - egg, black bean spread, salsa, greens & cheddar in a wrap - **\$8.95**

Tofu "egg" & Vegan Cheese available

FRESH ORGANIC JUICES

- Immune Boost** - carrot, apple & ginger - **\$6.95**
Bloody Good - beet, apple, lime & cucumber - **\$6.95**
Wake Up - orange, lemon, carrot & ginger - **\$6.95**
Green God - greens, cucumber, apple & ginger - **\$7.95**
G8 – spinach, cucumber, carrot, beet, parsley, celery, tomato & ginger - **\$7.95**

Additions - \$.50 - extra fruit/veggies **Substitutions** - \$.50

ORGANIC FRUIT SMOOTHIES: \$4.95

- Berry Blast** - mixed berries, bananas & apple juice - **\$6.95**
Belize Breeze - mangos, pineapples, bananas & orange juice - **\$6.95**
Funky Monkey - banana, peanuts, chocolate & coconut milk - **\$6.95**
Breakfast in a Flax - hazelnuts, flax seeds, yogurt, banana, berries & orange juice - **\$7.95**
1, 2, 3, Go! - protein powder, banana, berries & apple juice - **\$7.95**
The Hulk - kale, pear, ginger, tumeric, cashew & coconut water - **\$7.95**

Additions: \$.50 - yogurt, chia seeds, extra fruit
\$1.00 - protein powder, bee pollen, greens powder

LUNCH MENU Grilled Sandwiches

Bread choices - farm bread or gluten free bread.

Gobble Royale - natural turkey breast or tofurkey, roasted tomato and garlic spread, onions, roasted red peppers & provolone - **\$9.25**

Avolicious – avocado, creamy cilantro dressing, tomato, greens & cheddar - **\$8.75**

Righteous Reuben – marinated baked tempeh, russian dressing, sauerkraut & jarsburg cheese - **\$8.75**

From the Farm – natural turkey breast, homemade pesto, farmer's cheese spread, roasted red peppers, greens & red onions - **\$9.25**

Grown Up Grilled Cheese - 3 local cheeses muenster, cheddar and farmer's cheese grilled on farm bread - **\$8.75** add avocado - **\$1.00**

Knuckle Sandwich - sugar house creamery dutch knuckle cheese, rhubarb chutney, spinach & local roasted veggies - **\$9.25**

Heart and Soul - artichoke hearts, creamy balsamic, roasted red peppers, tomatoes, spinach & provolone - **\$9.25**

Bonita Burrita – roasted mexican tofu, black bean spread, cheddar cheese, salsa & greens on a wrap - **\$9.25**

Kids Peanut Butter & Jelly - **\$5.95**
Kids Grilled Cheese - **\$5.95**

Additions:

\$.50 - extra vegetables, spreads, & substitutions \$1.00 - avocado, cheese
\$2.00 - turkey, tofu, tempeh - Dairy free cheese available - no charge

Salads/Fresh Wraps

Small - **\$7.95** **Large** - **\$10.95** **Wrap** - **\$9.25**

Garden – greens, cucumber, onion, tomato, tamari almonds, cranberries & carrots with creamy balsamic dressing

Goddess – greens, avocado, curried cashews, fresh cabbage & veggies with ginger dressing

Chef – greens, natural turkey breast, hard boiled egg, roasted red pepper & veggies with creamy cilantro dressing

Quinoa Tabouli – greens, quinoa tabouli, hummus, artichoke hearts & feta with creamy balsamic dressing

The Scape Goat - spinach, goat cheese, pears, carrots, onions, cucumbers & creamy balsamic dressing

Heavenly Hummus - Green, cucumbers, carrots onions, roasted red peppers, homemade hummus & garlic - tahini dressing

