

BREAKFAST & BRUNCH (served all day)

the local, an egg sammie 7

cage-free egg, sharp white cheddar, spicy brown mustard served on house-made whole wheat bread + add sausage, bacon or vegan sausage \$2.00

eye-opener burrito 11

cage-free egg, local chorizo, sharp white cheddar herbed & roasted potatoes, Frank's Red Hot Sauce served on a whole-wheat tortilla wrap served with a side of salsa

vegan eye-opener burrito 11 V

house-made vegan sausage, crispy baked tofu, herbed & roasted potatoes, sauteed broccoli & red pepper, Frank's Red Hot Sauce served on a spinach tortilla wrap served with a side of salsa +add egg \$1.00 +add cheese \$.50

house-made granola 10

organic oats, amaranth, almonds, dried cherries served with vanilla Greek yogurt

> + subsitute oat or almond milk, 10.50V + substitute any cow milk, 6.50 + a la carte (no milk), 5.50 +add fresh-cut fruit, 3.00

locally hand-crafted bagels 2.50

PlainV, Everything, BlueberryV, Asiago add Cream Cheese (Plain, Scallion, Vegan) +1.50 add Butter +1.5 add Peanut Butter +1.5 V add Raspberry Jam +0.75 V

breakfast & brunch sides 3.00 each

(2) slices house-made whole wheat bread V (toasted or untoasted; add any spread, .50) herbed & roasted potatoes V

> fresh-cut fruit cup V cup vanilla Greek yogurt

COFFEE & ESPRESSO

(1) shot espresso in 12 oz (2) shots espresso in 16 oz

> espresso solo doppio 2.00

regular drip

crimson cup coffee roasters' greg's blend (organic & fair-trade) medium roast 16 oz

2.75 3.25

I2 OZ

cafe au lait 1/2 brewed coffee + 1/2 steamed milk I2 OZ 16 oz 3.25 3.75

wexpresso fresh brew + shot espresso with (1) shot espresso: 12 oz 16 oz 3.25 3.75

decaf drip

crimson cup coffee roasters'

swp peru decaf blend

(organic & fair-trade)

2.75

16 oz

3.25

cold brew

crimson cup coffee roasters' fair-trade cold brew blend 16 oz. 20 OZ. 3.75 4.25

americano (hot or iced) all sizes get (2) shots espresso

cubano

espresso + cane sugar solo doppio 2.25 2.75

> mocha hot 12 OZ 16 OZ 3.70 4.25

cold brew latte

cold brew with your choice of milk 16 oz. 20 OZ. 3.95 4.45

> latte hot 12 oz 16 oz 4.45 iced 16 oz 20 OZ 4.35 4.85

cappuccino 12 oz 16 oz 4.45

mocha iced 16 oz 16 oz 4.75

ask about milk alternatives or about our rotating selection of flavors!

SPECIALTY LATTES

honey lavender 12 oz 16 oz

4.45 4.95 maple maple & brown sugar 12 oz 16 oz 4.45 4.95

bumble bee honey, vanilla I2 OZ 16 oz 4.45 4.95

caramel vanilla caramel sauce, vanilla 12 oz 16 oz 4.45 4.95

lavender lavender, vanilla 12 oz 16 oz 4.45 4.95

turtle chocolate, caramel pecan 12 OZ 16 OZ 4.45 4.95

coconut caramello coconut, chocolate, caramel

12 oz 16 oz 4.45 4.95

lilv's lovebug Red Velvet & White Chocolate 12 oz 16 oz 4.45 4.95

THE LUNCH BUNCH (service starts at 10:30am)

HAND-HELDS

(sandwiches & wraps)
all hand-helds come with your choice of chips
or leafy greens side salad
(you can choose any side for a slight add-on fee)

grilled munster 10

muenster cheese, strawberry rhubarb jam, clarified butter served grilled, on house-made whole wheat

bread

the heirloom chicken club 12

ohio free-range chicken breast, ohio thick-sliced bacon, pepperjack cheese, house-made 'quickles', lettuce, sweet chili sauce served on an Auddino's Bakery kaiser roll

 $\begin{array}{c} \textbf{veggie burg 11 V} \\ \textbf{house-made vegan veggie pattie, sharp white} \end{array}$ cheddar, onion, lettuce, vegan special sauce served on an Auddino's Bakery kaiser roll *vegan pattie contains spelt berries, a form of gluten*

chicken salad wrap 11

house-made chicken salad (ohio free-range chicken breast, toasted walnuts, celery, mayo) wrapped in a whole-wheat tortilla with romaine lettuce

tuna salad sam 11

house-made tuna salad (tuna, celery, carrot, mayo) sharp white cheddar, leafy greens served on house-made whole wheat bread

the lunch bunch a la carte sides

2.75 each Potato Chips (plain, BBQ, sea salt, jalapeno) 3.00 each cup of the soup-of-the-day (please inquire for dietary restrictions) 4.00 each herbed & roasted potatoes dill potato salad side house leafy greens salad fresh-cut fruit cup

bowl of soup

THE MEAN GREENS (bowls)

quinoa + greens 13 V

sauteed: quinoa, red bell peppers, onions, & garbanzo beans,roasted squash, topped with feta with spinach & arugula mix served with cumin lime vinaigrette & your choice of protein: ohio free-range chicken breast or crispy baked tofu

seoul bowl 13 V

spinach & arugula mix, pickled veg (daikon radish, cabbage, carrot), toasted almonds served with gochujang vinaigrette & your choice of protein: ohio free-range chicken breast or crispy baked

fiesta bowl 13 V

ohio free-range ground turkey, pinto beans, sharp white cheddar, Shagbark tortilla bits, romaine lettuce, cilantro served with cumin lime vinaigrette

house leafy green 9.00 V

mixed leafy greens, carrot, cucumber, radish, house-made parmesan croutons, maple & white balsamic vinaigrette add your choice of protein: ohio free-range chicken breast 4.00 crispy baked tofu 3.00

the conscientious combo 12.50

choose (1) one item from each category:

choice #1: 1/2 grilled munster 1/2 tuna salad sam

choice #2: combo-sized house leafy green salad

combo-sized soup

choice #3: your choice of chips

> or fresh-cut fruit

+substitute dill potato salad for \$1.00



DESSERTS

Vegan Chocolate Chip - 3.25

Banana Mocha Bread - 3

Oatmeal - 3

Almond - 3

Chocolate chip 3

Peanut Butter - 3

Nut Clusters - 2.50