

# drink

## COFFEE & TAZO® TEA

	small	medium	large
coffee	2.00	2.25	2.55
tazo® tea	2.05	2.25	2.50
iced tea	2.45	2.75	2.95
iced tea lemonade	3.15	3.65	4.15

## ESPRESSO

cappuccino	3.75	4.25	4.75
macchiato	4.45	4.95	5.25
americano	2.75	2.95	3.45
café latte	3.95	4.45	4.95
flat white	4.45	4.65	5.05
mocha	4.25	4.75	5.25
hot chocolate	4.25	4.75	5.25
café misto	2.55	2.95	3.15
espresso	2.25 (sgl)	2.45 (dbl)	2.75 (tpl)
<i>add a shot of syrup</i>	.50		

## SEASONAL

frappuccino	3.95	4.45	4.95
cold brew coffee	2.95	3.45	3.75

## OTHER

perrier	3.50
eska h2o	3.00
v8	3.50
tropicana orange juice	4.00
pop	4.00



<b>MUFFIN</b>	<b>3</b>
<b>BALANCING PROTEIN BAR</b> honey, oatmeal, sunflower, chia and pumpkin seeds, nuts and dried fruit	<b>4</b>
<b>GREEK YOGURT</b>	<b>3</b>
<b>FRESH BERRY YOGURT PARFAIT</b> with house granola	<b>6</b>
<b>AGED CHEDDAR BISCUITS AND BUTTER</b>	<b>3</b>
<b>QUINOA SEED CRISPS</b>	<b>3</b>
<b>WHOLE FRUIT</b>	<b>2</b>
<b>CHOCOLATE CHIP OAT CAKE</b>	<b>4</b>
<b>OVERNIGHT OATS</b> dried fruit, yogurt, raw nuts	<b>5</b>
<b>BROWN BAG SWEET POTATO CHIPS</b>	<b>3</b>

## SWEETS

<b>LUSCIOUS LEMON LOAF</b>	<b>3</b>
<b>BRIOCHE DONUT</b>	<b>4</b>
<b>BROWN BAG MINI COOKIES</b>	<b>4</b>
<b>FRENCH MACARONS</b>	<b>1-2.50 or 3-7.00</b>
<b>CHOCOLATE WALNUT BROWNIE</b> 58% cacao dark Belgian chocolate, gluten free	<b>4</b>

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## SANDWICHES

**RISE 'N SHINE** 5  
cage-free egg, ham, gouda and english muffin

**PROTEIN PLUS** 5  
cage-free egg white, white cheddar and mushrooms

**CHICKEN** 7  
house focaccia, grilled chicken breast, spinach and pesto aioli

**HAM** 7  
house focaccia, honey ham, local gouda, mustard pickle aioli

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## SALADS

**ARUGULA** 7  
dried fruit, quinoa, tamarind vinaigrette

**CAESAR** 6  
focaccia croutons, asiago, roast garlic dressing

**CHICKPEA** 7  
feta, roasted vegetables, brown rice, grilled halloumi

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**TODAY'S SOUP** 5

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## SMOOTHIE

**ROASTED CARROT** 6  
local maple syrup, quinoa, tarragon, greek yogurt

**STRAWBERRY** 6  
banana, toasted chia, matcha powder, coconut milk

**BALANCING ROCK**  
COFFEEHOUSE