



Where Fresh Feeds Families

BREAKFAST MENU

MORNING COMBO
BACON, EGG AND CHEESE ON CIABATTA AND A SMALL COFFEE
(No substitutions)
\$5

EGG & CHEESE	REGULAR \$3 / BOWL \$4.50
ADD AVOCADO/HAM/TURKEY/BACON	\$1 EACH
ADD TOMATO/EXTRA CHEESE/KALE	\$0.50
MONTECRISTO	\$8
OVEN ROASTED TURKEY / GLAZED HAM / SWISS CHEESE BETWEEN TWO PIECES OF SAVORY FRENCH TOAST	
FRENCH TOAST	
SHORT STACK (2 PIECES)	\$5
FULL STACK (3 PIECES)	\$6.25

READY TO GO MEALS

	FOR YOU	FAMILY STYLE
CHICKEN POT PIE ROASTED ROOT VEGETABLES / SAVORY BROTH / FLAKY PASTRY	\$9	\$28
SUGAR CANE SALMON QUINOA SALAD / LEEK CREAM / PICKLED VEGETABLES	\$14	\$60
SUMMER CORN RISOTTO SWEET CORN / SHALLOTS / TOASTED PARMIGIANA	\$8	\$25
BUTTER POACHED SALMON ISRAELI COUSCOUS / IN-SEASON VEGETABLES / ROASTED TOMATO ROMESCO	\$14	\$60
PORK/BLACKENED VEG SOFT TACOS SEASONED RICE / CORN SALAD CAN BE SERVED WITH CORN TORTILLAS OR LETTUCE CUPS	\$14	\$55
BRUSCHETTA W/ CHICKEN PASTA HEIRLOOM TOMATO / BALSAMIC GLAZE / FRESH MOZZARELLA / GRILLED CHICKEN	\$14	\$50
BBQ CHICKEN BBQ BEEF MAC AND CHEESE / BRAISED GREENS / CORN BREAD WITH HONEY BUTTER	\$14 \$15	\$50 \$55
VEGETABLE LASAGNA IN-SEASON VEGETABLES / FRESH RICOTTA / FIRE ROASTED TOMATOES / PARMESAN CREAM SAUCE	\$8	\$25
COCONUT SHRIMP RICE PILAF / SESAME CARROTS / SNAP PEAS SIDE OF APRICOT SWEET CHILI SAUCE FOR DIPPING	\$14	\$60
BUTTERMILK FRIED CHICKEN CORN PUDDING / CUCUMBER SALAD	\$14	\$50

BOWLS AND SALADS \$11

ADD CHICKEN \$4 / ADD SALMON \$7

ARTICHOKE BARLEY BASE / ARTICHOKE HEARTS / FETA CHEESE / CHERRY TOMATOES / CUCUMBERS / OREGANO & LEMON VINAIGRETTE
KALE BARLEY BASE / KALE / SLIVERED ALMONDS / ROASTED RED PEPPERS / GREEN GODDESS DRESSING
BABY GREEN SALAD BABY LETTUCE / BLEU CHEESE / APPLES / PECANS / APRICOT VINAIGRETTE
COBB SALAD ROMAINE / EGG / TOMATO / AVOCADO / BACON / VERMONT CHEDDAR / FOCACCIA CROUTONS / CREAMY PEPPERCORN DRESSING
BEET SALAD MARINATED BEETS/HERB GOAT CHEESE / BED OF ARUGULA WITH CANDIED PECANS

SANDWICHES

SERVED WITH PFRESH DAILY SIDE. WRAP OR ARTESANAL ROLL.

THE LYNN RARE ROAST BEEF / CARAMELIZED ONIONS / SWISS / HORSERADISH CREAM	\$10
THE PICO ROASTED TURKEY / PEPPERED BACON / SHARP CHEDDAR / LETTUCE / TOMATO / AIOLI	\$10
SHROOM MARINATED PORTOBELLO / HERB GOAT CHEESE SPREAD (*) / ROASTED PEPPER / ROCKET GREENS <small>(*) CAN BE SERVED WITH HUMMUS ✓</small>	\$10
MEDITERRANEAN ✓ SPROUTS / HUMMUS / TOMATO / CUCUMBERS / ROASTED RED PEPPERS / TAHINI / SUMAC	\$9
FUJI APPLE TUNA APPLES / CRAISINS / SPROUTS / SWISS / TOMATO / DIJONNAISE	\$10
CURRIED CHICKEN SALAD CHICKEN BREAST / CURRANTS / CURRIED MAYO / LETTUCE / SLIVERED ALMONDS	\$10
THE ANDY CARAMELIZED ONION / ROASTED RED PEPPERS / TOMATO / AVOCADO / SWISS (*) / ON WHOLE WHEAT <small>(*) CAN BE SERVED WITH HUMMUS ✓</small>	\$9

KIDS MEALS \$7

PIZZA PULLED CHICKEN / MOZZARELLA OR TURKEY PEPPERONI / MOZZARELLA
TACOS SEASONED GROUND TURKEY W/BLACK BEANS / CHEESE / SIDE OF LETTUCE OR SHREDDED BEEF / ROASTED CORN / CHEESE / SIDE OF LETTUCE
MAC AND CHEESE TENDERS SEASON VEGETABLES
GREEK FLATBREADS HUMMUS / CUCUMBERS / GRILLED CHICKEN W/ ROASTED PEPPER AND A SPRINKLE OF CHEESE
KIDS SNACK PACKS \$5

👉 SURPRISE ROTATION OF DESSERTS AND SWEET TREATS 👈

PREMIUM COFFEE & MORE

COFFEES	
CAPPUCCINO	\$4
ESPRESSO/DOUBLE ESPRESSO	\$1 / \$1.90
FLAT WHITE	\$3
LARGE COFFEE (10OZ)	\$2.82
SMALL COFFEE (8OZ)	\$1.99
LATTE MACCHIATTO	\$3
FLAVOR SYRUP (CARAMEL / VANILLA / HAZELNUT)	\$0.25
TEAS	
HOT TEA (8OZ)	\$1.99
ICED COFFEE (16OZ)	\$3.25
ICED TEA	\$3.25

BEVERAGES

WATERS AND FRESH JUICES

SUMMER OPERATING HOURS

MONDAY - TUESDAY	7AM TO 2PM
WEDNESDAY	CLOSED
THURSDAY - FRIDAY	7AM TO 4PM
SATURDAY - SUNDAY	8AM TO 4PM

