



pick two special

Pick two from below:

slice of quiche \$10.95
cup of soup
1/2 any sandwich
1/2 any salad

soup

cup \$3.95
bowl \$6.95

- creamy tomato basil **GF**
- vegan soup of the day **GF**

crustless quiche

\$6.95

- spinach, tomato, goat cheese, pecan **GF**
- ham, bacon and green chili **GF**
- order a whole quiche (\$35.95)

salads

\$9.95
half \$6.95

all salad dressing made in-house **GF**

+ add chicken salad, chicken breast, ham or turkey (+\$3)
+ add hummus, bacon, egg, avocado, quinoa or pasta (+\$2)

mariposa **GF**

mixed greens, cranberries, goat cheese, candied almonds + balsamic vinaigrette

just a salad **GF**

mixed greens, cucumbers, tomatoes, avocado + creamy herb dressing

xochitl (so-cheel) **GF**

mixed greens, apple bits, avocado, goat cheese, pecans + creamy herb dressing

robin **GF**

mixed greens, avocado, broccoli, carrots, cucumber, toasted almonds + balsamic dressing

pasta salad

whole wheat fusilli pasta, cherry tomatoes, broccoli, cucumbers, feta + italian dressing

quinoa salad **GF**

quinoa, zucchini, apple + citrus-garlic dressing on a bed of mixed greens

hummus

house-made hummus dip served with apples, cucumbers, carrots + pita chips

sandwiches

\$10.95
half \$6.95

paired with a choice of pasta salad, veggies or chips

may substitute bread choice with multigrain, telera roll or spinach wrap
make it with gluten-free bread (no extra charge!) **GF**

+ add avocado, extra meat, bacon, hummus or pesto (+\$2)

undercover club

ham, turkey, bacon, cheddar, havarti, lettuce, tomato, raspberry-chipotle spread + mayo on multigrain

roasted veggie

roasted zucchini, swiss, havarti, goat cheese, avocado + olive oil garlic spread on telera roll

make it vegan
with plant-based
cheese

chicken salad

house-made chicken salad, lettuce, tomato + mayo on multigrain

make it vegan
with chickpea
salad

chicken & bacon

roasted chicken, bacon, swiss, lettuce, tomato, avocado + chipotle mayo on multigrain

blt

bacon, lettuce, tomato, cream cheese + chipotle mayo on multigrain

make it vegan
with tempeh
bacon

grilled cheese

havarti, cheddar, swiss + chipotle mayo on multigrain

torta

telera roll with a choice of ham or turkey, havarti, cheddar, lettuce, tomato, avocado + chipotle mayo

vegetarian

swiss, havarti, cucumbers, avocado, lettuce, tomato + chipotle mayo on multigrain

make it vegan
with hummus

tomato-havarti-basil

tomato, havarti, pesto + garlic olive oil spread on multigrain

vegetarian **GF** gluten-free plant-based, vegan

We are happy to offer items for those with special diets, but items on our menu are prepared in a shared kitchen where cross-contamination with gluten or other allergens may occur.

smoothies GF

24oz \$9.95
16oz \$6.95


mango tango 
mango, strawberry, almond milk

perfect purple
blueberry, pineapple, yogurt, apple juice, honey


kiss me
strawberry, peach, yogurt, apple juice, honey

beach dreams 
strawberry, pineapple, banana, coconut milk

dressy lady
pineapple, raspberry, banana, yogurt, apple juice, honey

fresh cut 
orange, banana, spinach, coconut milk

chunky monkey 
banana, cocoa, dates, peanuts, almond milk

tropical light 
banana, mango, coconut milk

smoothie add-ins

need more veg?
add spinach
(no charge)

whey protein
plant-based protein
chia seeds
avocado
\$2

drinks

iced tea
soda
coffee
hot tea
\$2.95

bottled water
juice box
\$1.95

fresh-pressed juice GF

24oz \$10.95
16oz \$7.95

beetle juice
carrot, beet, apple, ginger

gruene green
cucumber, celery, broccoli, kale, zucchini, apple, ginger

sweet green
cucumber, celery, kale, orange, apple

antioxidant bomb
cucumber, carrot, beet, pineapple, blueberry, raspberry

sunshine
carrot, pineapple, cucumber

parrot juice
carrot, pineapple, orange, celery, ginger

kid's meal \$6.95

half sandwich on multigrain bread
served with a juice box and a choice of
apples, cucumbers or carrots

ham and cheese

turkey and cheese

grilled cheese 


pb&j  

make it with gluten-free bread (no extra charge!) GF




guiltless sweets

all desserts are made gluten free! GF

plant-based iced brownies: \$4.95 each 

plant-based thumb print cookies: \$2.95 each 

assorted muffins: \$2.95 each

 vegetarian  gluten-free  plant-based, vegan

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