



ALL ITEMS CAN BE MADE GLUTEN FREE UPON REQUEST

ALL DAY BREAKFAST

THE BURRITO / \$7.5

Scrambled eggs, green chili sauce, potatoes, salsa, sour cream, & cheddar cheese
Choose: bacon, sausage, kielbasa or avocado

THE BABE / \$8

Bacon, egg, bacon, cheddar cheese, & more bacon
On Plain Bagel

THE COLORADO / \$7.5

Egg, kielbasa, green chili sauce, pepper jack cheese, & mayo
On Habanero Cheddar Bagel

THE MONKEY'S FIST / \$6 (V)

Granola, peanut butter, banana, & honey
Wrapped in a Tortilla

BAGELS/ \$2.5

- plain
- everything
- honey wheat
- habanero cheddar
- blueberry
- gluten free

Add butter, cream cheese, or honey for \$.50

ALL DAY LUNCH

Comes with a side of Chips or a Banana,
(V) Option- Substitute your protein for Roasted Chickpeas at no extra cost

THE BIG FAT GREEK WRAP / \$9

Turkey, roasted red peppers, spinach, cucumbers, kalamata olives, onion, feta, & dill sauce
Wrapped in a Tortilla

THE GEOGRAPHER / \$9 (V)

Avocado, spinach, cucumber, tomato, onion, sprouts, cream cheese, & Italian dressing
On a Toasted Honey Wheat Bagel

THE SECRET CLUB / \$9

Turkey, bacon, lettuce, tomato, provolone, mayo, & mustard
On a Plain Bagel

THE BANDITO / \$9

Chicken breast, greens, avocado, onion, salsa, cream cheese & pepper jack cheese
Wrapped in a Tortilla

THE BUFFALO BILL / \$9

Buffalo chicken, bacon, lettuce, tomato, mayo & avocado
Wrapped in a Tortilla

BUILD YOUR OWN SALAD/ \$9

PICK YOUR GREENS - romaine, spinach, or both

PICK A PROTEIN - turkey, bacon, kielbasa, chicken, avocado, or roasted chickpeas

PICK A CHEESE - provolone, cheddar, pepper jack, feta

PICK FOUR VEGGIES - tomatoes, cucumbers, kalamata olives, roasted red peppers, sprouts, onions

DRESS IT UP- house made italian, house made dill sauce, house made balsamic vinaigrette



COFFEE

ESPRESSO / \$2.5

MACCHIATO / \$2.75

AMERICANO / \$2.75

CAPPUCCINO / \$3.5

CORTADO / \$3.25

STRONGEST POTION / \$4.25 / \$4.5 / \$5.5

Drip coffee with espresso on top.

LATTE / \$4 / \$4.25 / \$5.25

Add flavor for \$.50, Use alternative milk \$.75

COLD BREW / \$3.75 / \$4.50 / \$5.25

Fine ground coffee brewed over 24 hours and chilled

BLENDED FRAPPE / \$4.5 / \$4.75 / \$5

Cream, house made cold brew, and the flavor of your choice blended over ice.

LOTUS NATURAL ENERGY / \$4.5 / \$5 / \$5.50

Plant based energy from green coffee beans and super-fruits. Like an Italian Soda.

NOT COFFEE

CHAI / \$4.25 / \$4.75 / \$5.25

Organic heirloom masala spiced chai w/ steamed milk.

STEAMER / \$3 / \$3.5 / \$4 / \$4.5

Steamed milk with flavor.

HOT TEA OR YERBA MATE/ \$3

See our list of teas below.

ICED SUN TEA / \$3 / \$3.25 / \$3.50

The Tea Spot's Nilgiri Black Tea, steeped in warm sun, poured over ice.

ITALIAN SODA / \$3.5 / \$4.25 / \$4.50

Your choice of housemade flavor in sparking soda water

SMOOTHIE / \$4.75 / \$5.25 / \$5.75

Raspberry, Mango, Strawberry, Blueberry-Pomegranate. Add a Banana \$.75

ADD INS

ADD ESPRESSO SHOT / \$.75

ADD FLAVOR / \$.50

ALT MILK / \$.75

Soy, coconut, oat, or house-made almond.

HOUSE-MADE SYRUPS

VANILLA	BLACKBERRY
HAZELNUT	CHERRY
ALMOND	BLUEBERRY
MAPLE	BLUE RASPBERRY
MARSHMALLOW	ORANGE
TOFFEE	MANGO
RUM	GUAVA
BLACK WALNUT	RED RASPBERRY
PEPPERMINT	PEACH
LAVENDER	STRAWBERRY
SIMPLE SYRUP	COCONUT
PUMPKIN SPICE	

TORANI SAUCES

CARAMEL
DARK CHOCOLATE
WHITE CHOCOLATE

SUGAR FREE

SF VANILLA
SF CARAMEL
SF HAZELNUT

TEA SELECTION

ORGANIC MINT

Classic refreshing peppermint tea.
Herbal & Caffeine Free

CHAMOMILE

Egyptian Chamomile, calming and soothing tea. Good hot or iced.
Herbal & Caffeine Free

LIGHTS OUT

Sleepy tea, made with organic hibiscus, organic peppermint, organic licorice root, organic lavender, organic chamomile, organic valerian root
Herbal & Caffeine Free

JASMINE PETALS

Organic green tea leaves infused with the fragrance from jasmine flowers.
Green Tea

EARL OF GREY

A refreshing take on the classic earl grey. Black tea, citrus rind, licorice root, mallow flowers, bergamot, citrus & vanilla flavoring.
Black Tea

