

BREAKFAST

AVAILABLE: MON-FRI 8AM — 11AM

SAT + SUN 8AM — 1PM

EGG SANDWICH [VEG]	12.00
scrambled eggs, cooper’s american cheese, chili aioli + arugula on your choice of portuguese muffin or housemade biscuit [add sausage +2.50] [add bacon +3.50]	
LIL CHICK [VEG]	10.00
scrambled eggs + cooper’s american cheese on your choice of portuguese muffin or housemade biscuit [add sausage +2.50] [add bacon +3.50]	
BREAKFAST WRAP [VEG]	12.00
scrambled eggs, cooked garlicky greens, pickled red onions, feta + tahini sauce on a lavash wrap [add sausage +2.50] [add bacon +3.50]	
MAKE IT A BOWL [GF]	
SEASONAL FRITTATA [VEG] [GF]	8.50
zucchini, tomatoes, potatoes, onions, chives, goat cheese	
TAHINI OVERNIGHT OATS [V] [GF] [SESAME]	8.00
oats, tahini, chia seeds, coconut milk, oat milk, maple syrup, vanilla extract, maldon + seasonal fruit	

[GF] GLUTEN FREE

[VEG] VEGETARIAN

[V] VEGAN

[NUTS] HAS NUTS

* consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness

BREADS + PASTRIES

SEE THE COUNTER FOR

SEASONAL INGREDIENTS

SEASONAL FOCACCIA [VEG] [NUTS]	7.00
sweet peppers, feta, pine nuts, honey, parsley	
BUTTERMILK BISCUIT	6.00
add jam [+0.75] add butter [+ 0.75]	
PEACH VANILLA SCONE	6.00
COFFEE MORNING BUN	8.00
HONEY BUTTERMILK CORN MUFFIN	5.25
ZUCCHINI MUFFIN [GF]	5.25
BANANA BREAD [V]	5.50
LEMON POPPY SEMOLINA LOAF	5.50
SEA SALT CHOCOLATE CHIP COOKIE	4.50
PLUM + LIME ALMOND CAKE [NUTS]	5.00
CHOCOLATE TAHINI BROWNIE [GF]	5.50
APRICOT BROWN BUTTER CRUMB BAR [GF] [NUTS]	6.50

LUNCH

AVAILABLE DAILY: 11AM — 3PM

CHICKEN CUTLET SANDWICH*	16.00
chicken cutlet with rosemary aioli, fennel, cabbage + red onion slaw on housemade focaccia	
TURKEY SANDWICH	16.00
housemade turkey, little gems, grafton cheddar cheese, pickled cucumber + banana peppers, shaved sweet onion + green goddess aioli on housemade focaccia	
ARTICHOKE + MOZZARELLA SANDWISH [VEG] [NUTS]	16.00
marinated grilled artichokes, arugula pesto with almonds + mozzarella on laurel bakery baguette	
SEASONAL GREEN SALAD [VEG] [SESAME]	16.00
little gem, english peas, radishes, mint, white beans, sunflower-sesmae seed crumble, ricotta salata, lemon thyme vinaigrette	
VEGGIE MARKET BOWL [VEG]	1 8.00
little gem lettuce, asparagus, cucumbers, scallions, parsley, mint, jammy egg, labneh, Poppy’s fermented hot sauce + sumac dressing	
CHICKEN MARKET BOX [NUTS]	20.00
grilled + marinated chicken thighs with orecchiette + charred green beans	

PLUS EVEN MORE PREPARED FOOD IN OUR FRIDGE!