

## BREAKFAST

AVAILABLE:  
MON, TUES + THURS 8AM – 11AM  
FRI 8AM - 12PM  
SAT + SUN 8AM – 1PM

EGG SANDWICH [VEG]	12.00
scrambled eggs, cooper's american cheese, chili aioli + arugula on your choice of housemade portuguese muffin or 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] [SESAME]	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
broccoli, swiss chard, onions, parsley, cheddar, chili flakes	
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]	7.00
broccoli, castelvetrano olives, ricotta, parmesan, lemon zest	
BUTTERMILK BISCUIT	6.00
add jam [+0.75] add butter [+ 0.75]	
APPLE CHAI SCONE	6.00
FIG LEAF CARDAMOM MORNING BUN	8.00
HONEY BUTTERMILK CORN MUFFIN	5.25
APPLE + OATS MUFFIN [GF]	5.25
BANANA BREAD [V]	5.50
OATMEAL GOLDEN RAISIN COOKIE [NUTS]	4.50
LEMON POPPY SEMOLINA LOAF	5.50
SEA SALT CHOCOLATE CHIP COOKIE	4.50
CHOCOLATE TAHINI BROWNIE [GF] [SESAME]	5.50
ALMOND LOAF MEYER LEMON GLAZE [NUTS]	5.00
CARDAMOM PECAN COFFEE CAKE [NUTS]	6.00
LEMON BAR [GF] [NUTS]	7.50

## 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	
ROASTED DELICATA SQUASH SANDWICH [VEG]	16.00
roasted delicata squash, pickled red onion, lacinato kale, grafton cheddar + pumpkin seed dip on housemade focaccia	
SEASONAL GREEN SALAD [VEG] [SESAME]	16.00
little gem, roasted carrots, parsley, mint, white beans, sunflower-sesame seed crumble, ricotta salata, lemon thyme vinaigrette	
VEGGIE MARKET BOWL [VEG]	18.00
lentils, jammy egg, cherry tomatoes, cucumbers, red peppers, red onions, mint, scallions, parsley, labneh, sumac vinaigrette	
MOROCCAN CHICKEN BOWL	16.00
chicken, chickpea + warm spices served over a bed of hot rice	
CHICKEN MARKET BOX [NUTS]	20.00
grilled + marinated chicken thighs with couscous, caramelized onions, toasted almonds, roasted beets + carrots	

PLUS EVEN MORE PREPARED FOOD IN OUR FRIDGE!