

PASTRY

Made fresh daily, limited quantities (inquire about availability)

CROISSANTS

Butter, Almond, Chocolate, Ham & Cheese

DANISH

Raspberry, Cheese, Apple, Apricot, Pear, Guava, Chocolate Pistachio

KOUIGN AMANN

Blueberry & Cheese, Coconut, Spinach Feta

Bacon Egg & Cheddar, Onion & Poppy, Tomato Basil & Mozzarella

Mixed Berry, Lemon Poppy, Swiss & Thyme, Cranberry Orange (GF)

LOAVES

Wild Blueberry, Coffee Cake, Blackberry (Vegan)

Chocolate Chip (Regular, Vegan, GF), Oatmeal Cranberry, Peanut Butter, Chocolate Pecan

GOOD EATS

Peanut Butter & Chocolate Chip Overnight Oats, Raspberry Greek Yogurt Parfait,

MEALS TO GO

RATATOUILLE (HEAT & SERVE) 10.75

stewed zucchini, squash, eggplant, tomato, red bell pepper, parmesan cheese

RIGATONI, SAUSAGE & FENNEL CREAM (HEAT & SERVE)

14.95

sweet italian pork sausage, rigatoni, fennel cream, freshly cracked black pepper

EGG SANDWICHES (Served Daily, 730am - 2pm)

BACON, EGG & CHEESE

grilled house-made brioche bun, egg omelet, applewood smoked bacon, cheddar cheese

EGG & CHEESE

grilled house-made brioche bun, egg omelet, cheddar cheese

AVOCADO, TOMATO & CHEESE

grilled house-made brioche bun, egg omelet, avocado, tomato, cheddar cheese, aleppo pepper

BREADS

(Selection changes daily) Baguette Pain de Campagne Cranberry Pumpkin Seed Sourdough Brioche

SANDWICHES/SNACKS

	CHICKEN SALAD roasted chicken, lemon, tarragon, mayonnaise	9.05
	CROISSANT CURRY CHICKEN house-made European butter croissant, roasted chicken, curry, apricot, currant celery, red onion, mayonnaise	10.95 t,
	TBM (VEGETARIAN) fresh mozzarella, roma tomato, basil oil	8.95
	ROAST BEEF roast beef, cheddar cheese, roasted red pepper, caramelized onion, spicy aioli	9.95
	HAM smoked ham, swiss cheese, dijon mustard	8.95
	POTATO CHIPS kettle cooked thick-cut potato chips with sea salt	1.95
	FRITES shoestring potatoes fried in canola oil and served with ketchup	7.00
	COD & POTATO CAKES cod and potato in a crispy crust, grilled lemon, house tartar	8.00
	EMPANADAS chicken, Basque vegetables, mango-jalapeno relish	9.45
	FRIED CHICKEN SANDWICH MEAL (FRIDAYS ONLY) buttermilk fried chicken, brioche roll, slaw topping, frites	13.95
	Add Panko-Crusted Goat Cheese +3.15, Grilled Chicken +3.45, Chicken Salad +4.00 VITALITY grilled chicken, roasted sweet potato, goat cheese, balsamic red onion, toasted pecans, shallot vinaigrette, mesclun greens BEET herbed marinated beets, fuji apple, arugula, goat cheese, walnuts, shallot vinaigmesclun greens	9.85
	MEDITERRANEAN BOWL red quinoa, feta cheese, garbanzo beans, cherry tomato, cucumber, mint, pomegranate vinaigrette	9.7
	NIÇOISE tuna confit, cucumber, roma tomato, olives, potato, field greens, hard-boiled eq shallot vinaigrette, mesclun greens	16.7 9
-	ARTINES Served open-faced on French sourdough bread with mixed greens (add fried egg	+1.95
	SOCCA + EGGPLANT (VEGAN) herbed chickpea flatbread, tomatillo relish, grilled eggplant, roma tomato, crisp harissa chickpeas, fresh basil	14.25 y
	AVOCADO (VEGETARIAN) sliced avocado, whipped herbed feta cheese, roma tomato, red pepper, pepitas	12.9
	CROQUE applewood smoked ham, Dijon béchamel, melted cheese crust	13.2
	TURKEY AVOCADO CLUB oven-roasted turkey field greens tomato avocado bacon berb ranch dressing	14.25

Consumption of undercooked meat, poultry, eggs, or seafood may increase the risk of food-borne illnesses.

pumpkin cranberry sourdough

goat cheese, chili oil

SMOKED SALMON

CAULIFLOWER + SQUASH (VEGETARIAN)

atlantic salmon, dill crème fraiche, cucumber, red onions, capers

cauliflower hummus, roasted butternut squash, sumac roasted cauliflower, spinach,

14.95