

BREAKFAST

Morning Sunrise Bagel

\$6.19 | 530 Cal

Applewood Bacon, Egg, and Cheddar Cheese on a Plain or Everything Bagel

Healthy Start

\$6.29 | 470 Cal

Egg, Spinach, Tomato, Avocado, and Pepper Jack Cheese on a Whole Wheat Bagel

Breakfast Burrito

\$6.19 | 450 Cal

Scrambled Eggs, Turkey Sausage, Shredded Cheddar Cheese, and Pico de Gallo in a flour tortilla

Blueberry Chia Overnight Oats

\$5.19 | 300 Cal

Overnight Vanilla Oats with Maple syrup, Chia Seeds, and Fresh Blueberries

From the Bakery

\$3.09 | 260-500 Cal

Check out our local pastries!

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.
Nutrition information is calculated based on our standard recipes. Because our products may be customized, exact information may vary.

BEVERAGES

	12 oz	16 oz
Latte 200/260 Cal	\$3.99	\$4.49
Chai Latte 240/320 Cal	\$3.99	\$4.49
Drip Coffee 0/5 Cal	\$2.29	\$2.79
Cold Brew Coffee 0/5 Cal	\$2.49	\$2.79
Organic Hot Tea 0/0 Cal	\$2.49	\$2.79
Iced Latte 200/260 Cal	\$3.99	\$4.49
Iced Chai Latte 240/320 Cal	\$3.99	\$4.49
Iced Tea Unsweet or Sweet 0/160 Cal	\$2.49	\$2.99
	single	double
Espresso 5/10 Cal	\$1.79	\$3.49

Substitutes +\$.80
almond milk 5 cal/oz
oat milk 20 cal/oz

Syrups
vanilla 100 cal/oz
caramel 80 cal/oz

Nutrition information is calculated based on our standard recipes using whole milk. Because our products may be customized, exact information may vary.

FRESH PICKS

Chicken Caesar Salad

\$8.09 | 560 Cal

Chicken, Romaine Lettuce, Parmesan Cheese, Croutons, and Caesar Dressing

Peaches & Honey Cottage Cheese

\$6.99 | 780 Cal

Cottage Cheese topped with Sliced Peaches, Cinnamon, and Honey

Mediterranean Cottage Cheese

\$7.99 | 200 Cal

Cottage cheese topped with Cucumber, Cherry Tomatoes, Kalamata Olives, Feta, and Za'atar Seasoning

Lemon Blueberry Cottage Cheese

\$6.99 | 180 Cal

Cottage Cheese topped with Blueberries, Lemon Zest, Honey, and Graham Cracker Crumbles

Green Goddess Cottage Cheese

\$7.99 | 340 Cal

Cottage Cheese topped with Avocado, Cucumbers, Snap Peas, Pumpkin Seeds, and Green Goddess Dressing

Bowl of Soup

\$5.19 | 360 Cal

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SANDWICHES

Chicken Caesar Wrap

\$6.99 | 760 Cal

Grilled Chicken, Chopped Romaine, Parmesan Cheese, and Caesar Dressing in a flour tortilla

Mozzarella Caprese Sandwich

\$7.69 | 730 Cal

Fresh Mozzarella, Tomato, Pesto, and Basil on Ciabatta

California Turkey BLT

\$7.89 | 580 Cal

Turkey, avocado, ranch, bacon, lettuce, tomato on wheatberry bread

Chipotle Chicken Melt

\$8.09 | 930 Cal

Toasted bread topped with avocado spread, cherry tomatoes, fresh mozzarella, basil, and balsamic drizzle

Turkey Club Avocado Toast

\$7.99 | 450 Cal

Toasted bread topped with avocado spread, turkey, bacon, tomato slices and arugula

Classic Avocado Toast

\$7.99 | 360 Cal

Toasted bread topped with avocado spread, sliced red onions, cherry tomatoes, everything bagel seasoning, and a drizzle of olive oil

Caprese Avocado Toast

\$7.99 | 450 Cal

Toasted bread topped with avocado spread, fresh mozzarella cheese, basil, cherry tomatoes and a balsamic glaze drizzle.

Made-Without-Gluten Bread Available Upon Request

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