

TOASTS + \$1.50 for gluten free toast	
MASHED AVOCADO TOAST homemade mashed avocado w/ sea salt	8
AVOCADO EGG TOAST 13. homemade mashed avocado, heirloom tomato, baby arugula, w/ boiled egg	.95
MOZZARELLA, TOMATO, BASIL TOAST 14. homemade mashed avocado, pesto w/ balsamic glaze	.95
MUSHROOM & GRUYERE TOAST 15. spinach and celery roots spread, cremini mushroom, oyster mushroom, baby arugula and topped with parmesan cheese	.95
ROASTED BUTTERNUT SQUASH TARTINE14.roasted squash & pumpkin seed, w/ cream cheese and balsamic honey maple glaze.	.50
SMOKED SALMON TOAST18.basil pesto sauce, cucumber, heirloom tomato, avocado, boiled egg w/ onions, capers & dill	.95
SANDWICHES	
<b>GRILLED CHICKEN BLT</b> marinated chicken breast, red onions, pesto aioli, peppe jack cheese, sriracha mayo, on herb panini bread w/ sid salads.	er- le <b>1.95</b>
GRILLED CHICKEN BLT16marinated chicken breast, red onions, pesto aioli, peppejack cheese, sriracha mayo, on herb panini bread w/ sidsalads.TURKEY BLTarugula, tomato, bacon, avocado, pepper jack cheese wpesto aoili and side salad.	er- le 4.95 // 8.50
GRILLED CHICKEN BLT16marinated chicken breast, red onions, pesto aioli, peppejack cheese, sriracha mayo, on herb panini bread w/ sidsalads.TURKEY BLTarugula, tomato, bacon, avocado, pepper jack cheese wpesto aoili and side salad.HAM & SWISS CHEESE SANDWICHhomemade aoili, smoked ham, swiss cheese, tomato andlettuce	er- le 4.95 // 8.50
GRILLED CHICKEN BLT 16   marinated chicken breast, red onions, pesto aioli, pepperjack cheese, sriracha mayo, on herb panini bread w/ sid salads. 14   TURKEY BLT 14   arugula, tomato, bacon, avocado, pepper jack cheese w 14   pesto aoili and side salad. 14   HAM & SWISS CHEESE SANDWICH 8   homemade aoili, smoked ham, swiss cheese, tomato and lettuce 14   TURKEY & SWISS CHEESE SANDWICH 8   homemade pesto aoili, roasted turkey, swiss cheese, avocado and tomato 14	4.95 // 3.50 d 3.95

## QUICHE

	All Quiche accompanied with side salads	
	BACON CHEDDAR	12.50
	HAM BURRATA	12.50
	SPINACH & MUSHROOM	11.95
	TOMATO & BASIL	11.95
С	ROFFLE	
	BANANA NUTELLA	8.95
	STRAWBERRY & JAM	8.95
	<b>TURKEY &amp; CHEDDAR CHEESE</b> w/ cream cheese, chives and parmesan	9.95

HAM & SWISS w/ cream cheese, chives and parmesan

9.95

## CRÊPE

LA AMOUR 14.95 w/ banana, strawberry, nutella and chocolate

TURKEY AND PESTO CRÊPE 16.95 w/ smoked turkey, swiss cheese, arugula, cherry tomatoes, housemade sherry mustard vinaigrette dressing and parmesan cheese

## SALADS

vinaigrette dressing.

ARCADIAN GRILLED CHICKEN SALAD marinated halal chicken breast, mixed gree avocado, cherry tomatoes, cucumber, red onions, balsamic vinaigrette dressing	<b>15.95</b> ens,
FARMER'S SALAD mixed greens, roasted beets, goat cheese, oranges, seasonal fruits, in blood orange vinaigrette dressing	14.95
FRISEÉ SALAD avocado, bacon, soft boiled egg, homemac croutons, parmesan w/ sherry mustard vinaigrette dressing	<b>15.95</b> Je
MARKET GREENS SALAD w/ baby arugula, grapes, pear, walnut, drie cranberries with housemade sherry musta	

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