



BreakfasttoLunch

MON-FRI 8AM-2PM

LOADED BAGEL **v**

Plain or everything, toasted or not, with any 2 fillings:

CREAM CHEESE, GREEN GARLIC HUMMUS, JALAPEÑO-FETA, PEANUT BUTTER,
HERB-MARINATED TOFU, TURKEY, TOMATO, CUCUMBER, SPINACH. 5

Toasted bagel (plain or everything) with butter. 2

SERIOUS SALAD **ugr**

Kale, apple, beets, cabbage, carrot, raisins, toasted almonds & choice of
CURRY or PEANUT vinaigrette. 7

ANYTIME QUINOA **vg**

Sweet & savory warm grains & rice with curry spices, raisins, carrot, peas,
almonds & dates. 5, 6 topped with yogurt & honey

HOT HOT CHEESE

Jalapeño-feta & cheddar with or without tomato on ciabatta. 6

TURKEY PRESS

Roasted turkey, spicy parsley pesto, spinach, roasted red peppers &
fontina on grilled raisin-walnut or ciabatta bread. 9

TOFU WRAP **v**

Herb-marinated tofu, tomato, cucumber, kale, slaw & green garlic
hummus in a flour tortilla. 8

GOLDEN OAT SHAKE **vr**

Blend of oats, banana, dates, turmeric, ginger & almond milk. 5

Visit our counter for baked goods such as cornbread, cinnamon buns, cookies & bagels.

NO SUBSTITUTIONS PLEASE | **v**=VEGAN | **g**=GLUTEN-FREE | **r**=RAW

Coming Soon: *Full cafe menu + Sunday brunch
featuring dishes from Quiet Storm!*