

# breakfast sandwiches & WRAPS

## EGG SANDWICHES

\$3.50 | 145 cal

2 eggs, on your choice of roll,  
bagel or toast

### add ons:

cheese 60-115 cal

extra egg 70 cal

sub egg whites 50 cal

turkey bacon +1.50 | 50 cal

turkey sausage +1.50 | 60 cal

turkey ham +1.50 | 60 cal

pork bacon +1.50 | 80 cal

### gluten-free upgrades

sliced bread +1.50 | 140 cal

bagels +1.50 | 100 cal

bagelino +2.00 | 290 cal

## FARMHOUSE

\$6.25 | 780 cal

cage-free eggs, local white cheddar,  
thick cut maple-glazed bacon with  
maple butter mustard on a brioche

## FLORENTINE

\$6.25 | 290 cal

egg whites, baby spinach,  
swiss cheese on a whole wheat wrap

## EL GRECO

\$6.25 | 320 cal

egg whites, feta, tomato,  
onions on a whole wheat wrap

## AM ENERGY

\$6.25 | 430 cal

egg whites, chicken, spinach,  
on a whole wheat wrap

## POWER BLT

\$6.25 | 900 cal

2 eggs, turkey bacon, avocado,  
oven roasted tomato, sun-dried  
tomato pesto on rustic ciabatta

## AVOCADO BLT

\$6.25 | 830 cal

avocado, bacon, heirloom tomato, mayo,  
summer superfoods blend on orwasher's  
multigrain breadoven roasted tomato, sun-dried  
tomato pesto on rustic ciabatta

# create your own OMELETTE

7.50 | 215-575 cal

## CHOOSE 3 COMPLIMENTARY FILLINGS additional +.50

bell peppers 10 cal

broccoli 10cal

mushrooms 5 cal

onions 10 cal

scallions 10 cal

spinach 10cal

grape tomatoes 10 cal

kalamata olives 20 cal

jalapeño peppers 10 cal

vegan cheese 90 cal

american cheese 70 cal

swiss cheese 110 cal

cheddar cheese 115cal

feta cheese 60 cal

grilled chicken 120 cal

turkey bacon 50 cal

turkey ham 60 cal

turkey sausage 60 cal

# two eggs ANY STYLE WITH TOAST

4.95 | 215-575 cal

## SERVED WITH MIXED GREENS OR SWEET POTATO HASH

# smashed AVOCADO TOAST

## PICO DE GALLO

\$7.95 | 330 cal

with spicy pico de gallo  
and crushed corn nuts

## EVERYTHING BAGEL

\$7.95 | 320 cal

with avocado and hard-boiled egg

## ALMOND BUTTER & BANANA

\$7.95 | 430 cal

with cacao nibs, banana, almond butter

## SMOKED SALMON

\$10.95 | 900 cal

with avocado, cucumber, black sesame  
seeds, and cream cheese

# organic BREAKFAST BOWLS

## HUEVOS RANCHEROS

\$8.95 | 850cal

2 eggs, quinoa, red beans, lemon braised kale,  
cilantro, cheddar cheese, red onions, avocado,  
tortilla chips, chipotle aioli

## AEGEAN

\$8.95 | 700 cal

2 eggs, quinoa, lemon braised kale, feta,  
tomatoes, kalamata olives, roasted garlic  
vinaigrette

## ZEN

\$8.95 | 680 cal

2 eggs, quinoa, lemon braised kale, mushrooms,  
caramelized onions, chickpeas, feta, roasted  
garlic vinaigrette

## KETO ENERGY

\$8.95 | 650 cal

2 eggs, zucchini, avocado, smoked bacon,  
cheddar cheese

# griddle ORIGINALS

## BUTTERMILK PANCAKES

\$7.95 | 330 cal

## GLUTEN-FREE PANCAKES

\$8.95 | 490 cal

## QUINOA PANCAKES

\$8.95 | 420 cal

## CHALLAH FRENCH TOAST

\$8.95 | 400 cal

## BANANA CAKES

\$8.95 | 200-450 cal

banana, flax seeds, eggs, baking powder,  
cinnamon served with cashew cream,  
strawberries, maple syrup, almonds

### add ons:

blueberry +1.00 | 20 cal

strawberry +1.00 | 20 cal

chocolate chips +1.00 | 70 cal

turkey bacon +1.50 | 50 cal

turkey sausage +1.50 | 60 cal

turkey ham +1.50 | 60 cal

# oatmeal & BAGELS

## ORGANIC OATMEAL

reg. with water \$4.00 | 120 cal

reg. with milk \$4.00 | 220 cal

large with water \$5.00 | 190 cal

large with milk \$5.00 | 350 cal

+add organic quinoa +\$1.25 | 80 cal

### pick two complimentary toppings | additional +.50

agave 80 cal

brown sugar 115 cal

honey 85 cal

apples 20 cal

cinnamon 0 cal

raisins 85 cal

bananas 50 cal

granola 140 cal

## HAND-ROLLED BAGELS

100-400cal

butter \$1.69 | 200 cal

cream cheese \$2.59 | 140 cal

fat-free cream cheese \$2.79 | 60 cal

flavored cream cheese \$2.79 | 140-195 cal

lox spread \$3.95 | 180 cal

organic peanut butter \$3.50 | 295 cal

# yogurt PARFAITS

## BIRCHER MUESLI

\$4.95 | 260 cal

granola, honey, apples, almonds, dried  
cranberries, pomegranate

## GREEK YOGI

\$4.95 | 340 cal

blueberries, chia seeds, walnuts, light agave

## BERRY CLASSIC

\$4.95 | 310 cal

strawberry, granola, honey

## COCONUT CHIA (VEGAN)

\$4.95 | 260 cal

coconut milk, chia seeds, vanilla, agave

## AÇAÍ GOODNESS

\$4.95 | 450 cal

açaí, raspberry, banana, apple, pomegranate,  
almond butter, granola

## FONIO BOWL

\$4.95 | 460 cal

fonio, cashews, blueberries, maple syrup,  
almonds, vanilla extract, cinnamon, sea salt  
vegan, gluten-free

# coffee & TEA

## HOT BEVERAGES

12 OZ

house blend

\$2.25

leaf tea

\$2.00

16 OZ

\$2.50 | 5 cal

\$2.30 | 0 cal

20 OZ

\$2.65 | 5 cal

\$2.65 | 0 cal

## COLD BEVERAGES

16 OZ

cold brew coffee

\$3.25

iced brew lab tea

\$2.95

20 OZ

\$3.65

\$3.35

add flavor syrups

+.50 | 20 cal

# cold pressed JUICES

## OH MY GREEN

\$7.95 | 100 cal

apple, romaine, celery, cucumber, spinach, kale,  
parsley, ginger, lemon

## KALE BLAZER

\$7.95 | 115 cal

watermelon, kale, orange, pineapple, spinach,  
parsley, lime, ginger

## TROPIC THUNDER

\$7.95 | 160 cal

pineapple, apple, ginger, lemon

## CARROT KICKSTART

\$7.95 | 150 cal

carrot, apple, lemon, ginger, turmeric

## WATERMELON FRESCA

\$7.95 | 260 cal

watermelon, lime, hibiscus

## PINK HONEY GINGER'ADE

\$7.95 | 85 cal

honey, lemon, ginger, hibiscus

# healthy TREATS

## VANILLA CHIA SEED PUDDING

\$4.95 | 260cal

## CHOCOLATE CHIA SEED

PUDDING (VEGAN)

\$4.95 | 260cal

## CLASSIC RICE PUDDING

\$4.95 | 260cal

## VEGAN RICE PUDDING

\$4.95 | 260cal

## RAW GOJI BERRY PROTEIN

BITES (VEGAN)

\$4.95 | 260cal

## RAW CHOCOLATE DATE BITES

(VEGAN) \$4.95 | 260cal

## PEANUT BUTTER ENERGY

BITES \$4.95 | 260cal

## HEMP BROWNIE BITES

\$4.95 | 260cal

## RAW PALEO MACAROONS

(VEGAN)

\$4.95 | 260cal

## SUMMER BERRY

\$4.95 | 260cal

blueberry, strawberry, coconut  
yogurt, granola nut mix

## THE KING

\$4.95 | 260cal

bananas, granola nut mix,  
coconut yogurt, peanut butter

## AÇAÍ ENERGY BITES

\$4.95 | 260cal

açaí, chia seeds, dates,  
cashews & coconut

## OATMEAL CRANBERRY CRISP

\$4.95 |



# chef-designed SALADS

## SANTA FE SALAD

9.25 | 480cal

avocado, raw corn, local jack & cheddar, grape tomatoes, onions, tortilla strips, local kale & romaine, perfectly paired with chipotle-lime vinaigrette with a fresh lime squeeze

## CALIFORNIA COBB SALAD

11.25 | 480cal

all natural plainville farms turkey, turkey bacon, mushrooms, blue cheese, grape tomatoes, cucumbers, baby spinach & romaine, perfectly paired with low-fat peppercorn ranch

## FALAFEL SALAD (VEGAN)

10.95 | 450cal

baked falafel, scallions, grape tomatoes, cucumbers, carrots, chickpeas, local kale & romaine, perfectly paired with lemon tahini with a splash of house-made hot sauce

## GAUCHO SALAD (VEGAN)

9.50 | 320cal

avocado, kidney beans, raw corn, cucumbers, scallions, caramelized onions, local kale & romaine, perfectly paired with avocado chimichurri with a fresh lime squeeze

# grain BOWLS

## SOUTH BY SOUTHWEST

\$9.95 | with brown rice or quinoa 515-530 cal

romaine, raw corn, half avocado, queso cotija, kidney beans, pico de gallo with chipotle-lime vinaigrette

## MEDITERRANEAN

\$9.50 | with brown rice or quinoa 515-530 cal

kale, kalamata olives, marinated roasted peppers, chickpeas, julienne granny smith apples, ny feta cheese with poppy seed yogurt dressing

## TEX-MEX

\$9.50 | with brown rice or quinoa 465-480 cal

kale, avocado, local jack & cheddar, pico de gallo, black beans with chipotle-lime vinaigrette

## BAKED FALAFEL

\$10.50 | with brown rice or quinoa 430-445 cal

kale, grapefruit pickled onions, cucumbers, tomatoes, crushed pita points, fresh falafel with tzatziki & lemon tahini

## KOREAN BBQ

\$11.50 | with brown rice or quinoa 560-565 cal

korean bbq pork, mango, caramelized onions, pickled chilies, radish, scallions and cilantro

# panini MELTS

## CRISPY CHICKEN & MOZZARELLA

\$9.50 | 870cal

artichokes, arugula, sun-dried tomato pesto on sesame hero

## SMOKED TURKEY & CHEDDAR

\$9.50 | 790cal

avocado, tomatoes, chipotle spread

## BUFFALO CHICKEN

\$9.50 | 710cal

blue cheese, scallions, buffalo sauce on pesto bread

## PUEBLA GRILLED CHEESE (VEGAN)

\$9.50 | 690cal

smashed avocado, black bean and corn salad, vegan cheese

## GRILLED BRUSSELINI (GLUTEN-FREE)

\$9.50 | 750cal

roasted brussels sprouts, caramelized onions, granny smith apples, white cheddar cheese with dijon mayo

## CHICKEN FRESCO

\$9.50 | 660cal

avocado, queso fresco, roasted red peppers, tomatillo salsa on pesto bread

## BAKED FALAFEL (VEGAN)

\$9.50 | 560cal

smashed avocado, ripe tomato, snow pea shoots, raw sunflower seeds, pickled chilies & onions, lemon tahini

# soups

100% organic, vegan & gluten-free options available daily

**CUP** \$4.25 | 50-320 cal

premium +.50

**REGULAR** \$5.25 | 80-460 cal

premium +1.00

**LARGE** \$6.25 | 100-650 cal

premium +1.00

# side SALADS

## CHIPOTLE CHICKEN SIDE SALAD

\$6.50 | 370cal

chicken, celery, apples, red grapes, walnuts, dry cranberries, raisins, smoked paprika, chipotle mayo, chipotle vinaigrette

## ORGANIC LEMON CHICKPEA (VEGAN)

\$6.00 | 150cal

chickpea, celery, parsley, red peppers, onions, agave, lemon, olive oil

## ALBACORE TUNA SALAD

\$6.50 | 310cal

albacore, mayo made with 0% greek yogurt, lemon wedge

## KALE CAESAR SALAD

8.50 | 180cal

grape tomatoes, croutons, grated parmigiano, local kale & romaine, perfectly paired with creamy caesar with a fresh lemon squeeze

## SOUTH BEACH SALAD

8.95 | 440cal

craisins, walnuts, fresh apples, blue cheese, local mesclun & romaine, perfectly paired with honey balsamic

## MEXICAN CAESAR SALAD

9.95 | 380cal

avocado, pico de gallo, cotija cheese, fiery pickled sweet peppers, brooklyn crushed pita, local romaine, perfectly paired with mexican pepita caesar dressing

### add premiums & proteins

chicken +3.00 | 120 cal

crispy chicken+3.00 | 220 cal

baked tofu+3.00 | 80 cal

baked falafel +3.00 | 180 cal

poached shrimp+4.50 | 70 cal

faroe island salmon+6.00 | 180 cal

calories reflect undressed bowls

## CHICKEN SHAWARMA

\$11.50 | with brown rice or quinoa 545-560cal

kale, chicken shawarma, hummus, baba ganoush, pickles, israeli salad, tzatziki, tahini dressing

## TURKEY CHILI BOWL

\$11.50 | with brown rice or quinoa 640-669 cal

kale, turkey chili, kidney beans, cheddar cheese, pico de gallo, half avocado, small batch hot sauce, greek yogurt

### add premiums & protein

chicken+3.00 | 120 cal

adobo chicken +3.00 | 265 cal

chicken shawarma+3.00 | 190 cal

plainville turkey+3.00 | 120 cal

crispy chicken+3.00 | 220 cal

korean bbq pork+3.00 | 200 cal

baked falafel +3.00 | 180 cal

baked tofu +3.00 | 80 cal

poached shrimp +4.50 | 70 cal

faroe island salmon +6.00 | 180 cal

calorie counts reflect undressed bowls

# healthy SANDWICHES

served on multigrain loaf

## AVOCADO BLT

\$9.50 | 830cal

avocado, bacon, heirloom tomato, mayo, summer superfoods blend on orwasher's multigrain bread

## SMOKED SALMON

\$10.95 | 590cal

smoked salmon, cucumber, tomato, scallion cream cheese

## VEGETARIAN (VEGAN)

whole: \$7.95 half: \$4.95

avocado, tomato, alfalfa sprouts, red onion, roasted almonds, spicy hummus, on multi-grain bread

## CHIPOTLE CHICKEN

whole: \$8.95 half: \$4.95

freebird chicken, celery, apple, grape, walnut, raisin, dried cranberry, smoky paprika, chipotle mayo, on multi-grain bread

## CLASSIC TUNA SALAD

whole: \$8.95 half: \$4.95

albacore tuna salad, mesclun, tomato, on pumpnickel bread

## MONTEREY GRILLED CHICKEN

whole: \$8.95 half: \$4.95

freebird chicken, avocado, tomato, red onion, mesclun, chipotle spread, on multi-grain bread

## AVOCADO CHICKEN

whole: \$8.95 half: \$4.95

freebird chicken, avocado, jalapeño, mesclun, on multi-grain bread

## TURKEY BLT

whole: \$8.95 half: \$4.95

plainville farms turkey, turkey bacon, tomato, arugula, mayo, on multi-grain bread

## CRANBERRY TURKEY SALAD

whole: \$8.95 half: \$4.95

plainville farms turkey, roasted almond, dill, Greek yogurt, mayo, on multi-grain bread





# create your own SALAD 8.50 | 215-575 cal

## 1. SELECT YOUR FAVORITE GREENS

kale (30 cal)  
baby spinach (10 cal)  
romaine hearts (20 cal)  
seasonal superfoods blend (30 cal)  
mesclun (20 cal)  
arugula (10 cal) +.50

## 2. CHOOSE YOUR FOUR FREE TOPPINGS +.60 each additional

bell peppers (10 cal)  
croutons (30 cal)  
grape tomatoes (10 cal)  
kalamata olives (20 cal)  
organic kidney beans (100 cal)  
red onion (10 cal)  
grapefruit pickled onions (10 cal)  
raw broccoli (10 cal)  
cucumbers (10 cal)  
raw corn (10 cal)  
raw mushrooms (5 cal)  
pita chips (150 cal)  
wood roasted peppers (25 cal)  
raw seed mix (120 cal)  
raw carrots (10 cal)  
fresh apple (20 cal)  
jalapeño peppers (10 cal)  
organic chickpeas (110 cal)  
raw beets (20 cal)  
tortilla chips (35 cal)

## 3. SELECT ADDITIONAL ITEMS +1.20 each additional

edamame (20 cal)  
walnuts (90 cal)  
vegan cheese (90 cal)  
local jack & cheddar (110 cal)  
fiery pickled sweet peppers (20 cal)  
brussels sprouts (30 cal)  
roasted almonds (170 cal)  
hard-boiled eggs (70 cal)  
grated parmigiano (110 cal)  
half avocado +2.00 (120 cal)  
craisins (100 cal)  
turkey bacon (50 cal)  
crumbled blue cheese (100 cal)  
ny state feta (60 cal)  
organic quinoa +2.00 (40 cal)

## 4. PREMIUMS & PROTEINS

 chicken +3.00 (120 cal)  
plainville turkey +3.00 (120 cal)  
baked falafel +3.00 (180 cal)  
adobo chicken +3.00 (265 cal)  
crispy chicken +3.00 (220 cal)  
baked tofu +3.00 (80 cal)  
chicken shawarma +3.00 (190 cal)  
korean bbq pork +3.00 (200 cal)  
poached shrimp +4.50 (70 cal)

## 5. CHOOSE YOUR DRESSING

### trendy

avocado chimichurri (65 cal)  
lemon tahini (90 cal)  
roasted garlic vinaigrette (100 cal)  
chipotle lime vinaigrette (80 cal)  
honey balsamic (115 cal)  
balsamic vinaigrette (135 cal)  
mexican pepita caesar (130 cal)

### classic

creamy caesar (160 cal)  
steakhouse blue cheese (120 cal)

### low-fat

peppercorn ranch (20 cal)  
greek poppy yogurt (60 cal)  
aged balsamic vinegar (20 cal)  
red wine vinegar (20 cal)

### fat-free/carb free

honey dijon vinaigrette

### simple

fresh lime squeeze (10 cal)  
fresh lemon squeeze (10 cal)  
evoo (120 cal)  
house-made hot sauce (8 cal)

