



BREAKFAST

Katie's Quiche – Naturally low carb cheddar and swiss cheese, spinach, egg and crumbled bacon in a light flaxseed and whole wheat crust.

Breakfast Bagel – Egg on your choice of bagel. Add ham, cheese, bacon or tomato to it!

Ham and Cheese Croissant

Hot Oatmeal – Served w/cinnamon sugar and milk. Add cranberries, raisins, walnuts or brown.

LUNCH FARE

Sandwich Wraps

Served with Fresh Fruit

Ham It Up – Honey ham, bacon, turkey, lettuce, tomato, and cheddar cheese rolled in a whole wheat wrap.

Greek Olympic Veggie – Tomatoes, cucumbers, greek olives, feta cheese, lettuce, and a feta vinaigrette dressing rolled in a spinach wrap.

Nuts About Chicken – hearty cubed basil chicken salad, cashews, tomatoes, lettuce, cheddar cheese in a tomato basil wrap.

Ah-Love Tuna – White tuna salad with green olives, and celery, tomatoes, and lettuce wrapped in a whole wheat wrap.

SOUPS

Handcrafted Daily

- Served with a Fresh Bagel -

Tomato Bisque

Mama's Chicken Noodle

Sweet Corn Chowder

Chicken Tortilla

Jumpin' Jambalaya

European Mushroom

Carrot Cashew

Brazilian Black Bean

Cheesy Potato

Cheesy Broccoli

Roasted Red Pepper & Tomato

Panini and Chips – Grilled while you wait!

Greek Goddess – Fresh tomatoes, cucumbers, feta cheese, greek olives, spinach 7 pesto on Italian bread.

Tuscani – Smoked turkey breast, sun-dried tomatoes, spinach, provolone, and pesto on Italian bread.

Hog Heaven – Ham, bacon, tomatoes, spinach, and cheddar cheese slathered with mayo on Italian bread.

The Gobbler – Smoked turkey, cheddar cheese, spinach, raisins, cream cheese on Italian bread.

DRINK SELECTION

All drinks available Iced, Blended, and Decaf!
Take a peek at our Monthly Specials on our website!

Whole Latte Love

Our signature drink: Raspberry Mocha (available sugar-free!)

Spiced Chai Latte

Spiced up tea frothed with milk for a silky drink.
Available in raspberry and sugar-free.

Espresso

An intense shot of our espresso Toro served in a demitasse cup.

Cappuccino

Espresso and thick, creamy, micro-frothed milk.

Flavored Latte

Espresso, light, micro-frothed milk and your choice of flavorings.

Hot Chocolate

Rich, sweet cocoa frothed to a smooth consistency.
Top with whipped cream and marshmallows if you want!
Americano a shot or two of espresso lightened with hot water.

Brewed Coffee

A different specialty bean from our awesome roaster,
Alterra Coffee Roasters, brewed daily!
Many Fair Trade and organic beans available.

TEA SELECTION

Black – Irish Breakfast, Earl Grey, Blueberry

White – Peach

Green – Jade Fire, Green Tea Mint

Tisanes (naturally caffeine-free) – Jamaican Red Bush,
Blueberry Rooibos, Honeybush Rooibos, Peppermint Rooibos

FUN DRINKS

Mocha Shake

Ice cream blended with espresso, and rich chocolate syrup.
Awesome!

Fruit Smoothie or Blast

(Smoothie is w/milk, Blast is with water)
A fruit puree with tea, guava, ginkgo, ginseng, guarana and added botanicals blended with ice for a frozen treat! Flavors are: Mango, Blueberry-Pomegranate, and Strawberry-Banana.

Purple Cow

Have you seen one? They're purple-licious!
Ice cream, and grape soda!

Black Cow

Yay for Root Beer and ice cream float!

Frappe

Your choice of flavorings blended with espresso, milk and ice.
Decadence without all the calories!

German Iced Coffee

It's ice cream with a hot shot of espresso poured over it. Wunderbar!

Affogado * NEW *

Our delicious frappe is covered with a hot shot of espresso.
For the espresso lover!