



## Lunch Menu

**Fries** ..... \$4 (sm) / \$8 (lg)

*Add: Garlic aioli \$ .75, Chipotle mayo \$ .75*

**The Burger** ..... \$16

*Turkey burger, harvest greens, tomato, onion, cheddar cheese, mayo on a brioche bun*

*Add: Avocado \$2, Bacon Jam \$2*

**Vegan Black Bean Burger**..... \$17

*House made patty, harvest greens, tomato, onion, vegan cheddar, vegan mayo on a hard roll*

**Tuscan Chicken Sandwich** ..... \$14.50

*House marinated tuscan-style chicken, local mozzarella, spinach, mayo on artisan bread*

**Omega Melt** ..... \$12

*Wild tuna, lettuce, tomato, onion, cheddar cheese, mayo on artisan bread*

**Grilled Cheese** ..... \$9

*Artisan bread, cheddar cheese*

*Add Bacon Jam: \$2*

**Miso Bowl** ..... \$13

*Rice, roasted sweet potatoes, black beans, spinach, avocado, house made pickled veggies and miso glaze*

*Add: Salmon: \$10, Chicken \$5, Tofu \$3.50*



## Breakfast Menu

### **Egg & Cheese Sandwich .....\$6**

*Fried egg, cheddar cheese, brioche*

*Add turkey bacon: (1 slice) \$1.75, (2 slices) \$3.25*

*Add turkey sausage: \$3.25*

### **Vegan Egg & Cheese .....\$9**

*Scrambled tofu, vegan cheddar, artisan bread*

*Add vegan sausage: \$3*

### **Bagel w/ Cream Cheese or Butter .....\$4.75**

### **McMurry Plate .....\$11**

*Two eggs any style, turkey bacon or turkey sausage, toast*

*Make Vegan: Tofu scramble and vegan sausage*

### **Burrito Amor .....\$11**

*Tortilla, eggs, roasted sweet potato, black beans, pickled jalapeno, cheddar cheese, chipotle mayo*

*Make Vegan: Tofu scramble and vegan cheddar*

*Add turkey bacon - \$(1 slice) \$1.75, (2 slices) \$3.25*

*Add turkey sausage - \$3.25*

*Add vegan sausage - \$3*

### **Avocado Toast.....\$10**

*Artisan bread, avocado, cherry tomato, pickled red onion*

**See the board for specials,  
typically available Thursday-Sunday**



## Drinks

*Milk options: whole, 2%, oat, soy*

Drip Coffee .....	\$3.75 / 5
Iced Coffee .....	\$4
Cold Brew.....	\$5.50
Espresso.....	\$2 / 3.50
Americano .....	\$3.75 / 5.25
Macchiato .....	\$4
Cortado .....	\$5
Cappuccino .....	\$5.50
Café Latte.....	\$6.50 / 7.50
Mocha.....	\$7 / 8
Hot Tea .....	\$3.50 / 4.50
Tea Steamer.....	\$4.50 / 5.50
Iced Tea .....	\$3.50
Cacao .....	\$7.50 / 10
Affogato.....	\$8
Golden Milk .....	\$5 / 6.50
Hot Chocolate .....	\$5.50 / 6.50
Kombucha Draft.....	\$6.50
Lemonade .....	\$5.50

## Desserts

**Ice Cream, Vegan Ice Cream, Sorbet**

*Visit us to see the current flavors!*