



Breakfast

Served till 11 a.m. Monday-Thursday

Served till 1 p.m. Friday-Sunday

Build Your Own Breakfast Sandwich \$7.95

Served with two any style eggs and rosemary potatoes.

Egg whites \$1.50 extra. Choose from:

Bread: White Toast, Wheat Toast, English Muffin, Kaiser Roll, French Bread, Bagel, Ciabata Roll, Wrap

Meat: Bacon, Turkey Bacon, Turkey Sausage Patties, Bacon Marmalade

Cheese: Dill Havarti, Pepper Jack, American, Cheddar, Provolone, Colby Jack, Swiss

Fresh Baked Muffins \$2.95

Scones \$3.95

Medley \$9.25

Sautéed vegetables topped with your choice of cheese and two eggs cooked to order served with a side of toast.

Steel Cut Oatmeal

Steel cut oats slow cooked in soymilk.

Choose from:

Plain oatmeal with brown sugar topping \$4.95

Fresh sliced bananas with brown sugar topping \$5.95

Apple cinnamon with brown sugar topping \$5.95

Appetizers

Ask About Our Daily Soups!

Bruschetta \$6.95

Fresh tomatoes, shaved parmesan, basil and balsamic.

Nacho Jams \$10.95

Tortilla Chips, shredded mojo pork, black beans, tomato, lettuce, jalapenos and chihuahua cheese served with guacamole, sour cream, and salsa

Spinach Artichoke Dip \$9.25

Homemade herb garlic spinach and artichoke dip served with pretzel balls and tortilla chips.

Most items can be made gluten free for \$2.50 extra. Ask your server about vegan options. All prices are subject to change.

Whole Wheat Pancakes \$8.95

Add bananas or blueberries \$1.25

Gluten Free Pancakes \$9.95

Add bananas or blueberries \$2.25

The A.M. Philly \$8.25

Grilled Taylor's Porkroll, egg and cheese on a fresh kaiser roll. Served with our famous roasted rosemary potatoes

Avocado Toast \$12.95

Two slices of rustic bread stuffed with eggs and topped with citrus avocado chunks sprinkled with black sesame seeds

Cuban Benny \$12.95

Our roasted Mojo pork served on top of Cuban rice and beans topped with poached eggs, caramelized onions, and cilantro hollandaise

Caramel Pecan French Toast \$10.95

Fresh caramel pecan bread, dipped in a batter and seared

Snarf's Vegan Scramble \$10.95

Moroccan spiced chickpea scramble, and avocado on top of rustic toast

Kid's Menu

Children 12 & under.

All Kid's Menu items are served with a juice box and Kiddie Bliss with your choice of one topping.

Grilled Cheese \$5.25

Served on whole grain white bread.

The V.I.C. \$5.25

Peanut butter, Nutella and banana grilled on whole grain white bread.

PB&J \$5.25

Served on whole grain white bread.

Sandwiches and Wraps

All sandwiches and wraps are served with your choice of side.

The Danny-I-Ello \$12.95

Grilled free-range chicken breast, tomatoes, fresh mozzarella, basil, and balsamic drizzle. Served on tomato focaccia bread.

Chicken Salad Sandwich \$10.25

Diced free-range chicken, honey yogurt dressing, walnuts, grapes, and celery. Served on whole grain toast.

Arnold's Delight \$11.25

Grilled chicken breast, bruschetta, provolone, and roasted red peppers. Served on a toasted hoagie roll brushed with garlic oil.

Amanda's B5 \$9.25

Banging black bean burrito burger. Our chef's homemade burrito burger with colby jack cheese, sliced tomato, and fresh avocado. Served as a wrap.

The Vegalove Veggie \$9.25

Fresh grilled vegetables piled high on a ciabatta roll with a lemon garlic aioli and sprinkled feta cheese.

The Cuban \$11.95

House roasted mojo pork, Taylor's ham, and Swiss cheese pressed with dill pickles, mayo, and mustard on a Cuban style roll. Served with Cuban rice and beans

Tony's Turkey Club \$12.95

In-house roasted turkey, Bacon, lettuce, tomato, horse radish mayo on white toast.

Grilled Cheese Panini \$8.95

American cheese, and bacon marmalade pressed on sourdough bread.

Sides \$3.95

Vegan Cuban Rice and Beans
Vegan Sweet Potato Hash
Roasted Potatoes
Salad Greens

Most items can be made gluten free for \$2.50 extra. Ask your server about vegan options. All prices are subject to change.

Salads

All salads can be prepared as a wrap.

Waldorf \$13.95

Grilled free range chicken, mixed greens, apples, grapes, walnuts, feta cheese, and cranberries with a waldorf dressing. Served with a warm roll.

The Angel-Lea \$11.95

Grilled free range BBQ chicken on mixed greens with corn, tomatoes, black beans, and cheddar cheese with a southwest ranch dressing topped with tortilla strips and crispy onions. Served with a warm roll.

Taco Salad \$11.95

Ground turkey taco meat, mixed greens, salsa, avocado, cheddar cheese, tomatoes, black beans and sour cream, with a southwest dressing. Served in a baked tortilla shell.

The Alyssa \$11.95

Grilled free range chicken breast, romaine lettuce, shaved parmesan, and croutons with Caesar dressing. Served with a warm roll.

House Favorites

All house favorites are served with your choice of side.

Spaghetti Squash \$9.95

Roasted squash tossed with a homemade pomodoro sauce. Topped with parmesan cheese and basil.

Angus Burger \$10.95

Our in house beef mix grilled to perfection served on a whole wheat bun with lettuce, tomato, and pickles

Christopher's Cauliflower Tacos \$11.95

Crispy cauliflower florets, roasted almonds, sweet tomatillo salsa, and pickled red onion

Grilled Chicken & Veggies \$11.95

Grilled chicken breast with roasted tomato salsa, and grilled veggies served with Cuban rice and beans

Banana Bliss

All natural frozen treat made entirely from banana.

Niño \$3.95

Manzano \$4.50

Toppings
\$.50 each



Nice

Granola
Slivered Almonds
Coconut
Flax Seed
Seasonal Fruit

Naughty

Cookie Crumbs
Peanut Butter Sauce
Mini M&M's
Brownie Chunks



Natural Fudge Sauce \$.65

All natural fudge sauce made from pure fruit juice and dark cocoa. No fat, no dairy, no gluten. Just delicious antioxidant-rich cocoa and fruit.

Natural Strawberry Sauce \$.65

Made entirely from pure fruit.

Blissful Dreams

Almond Heaven \$5.50

Coconut, fudge, and slivered almonds

PB&J \$5.50

All natural strawberry sauce and peanut butter sauce

Banana Cream Pie \$5.50

Graham cracker crumbs, fresh whipped cream, and fudge drizzle

Banana Split \$5.75

All natural strawberry sauce, all natural fudge sauce, slivered almonds, and fresh whipped cream

Hot Drinks

House Coffee

A variety of special blends
\$2.50 \$2.85 \$3.25

Café Au Lait

House coffee with steamed milk
\$2.75 \$3.15 \$3.50

Espresso

\$2.25 \$2.75

Espresso Con Panna

Espresso with a dab of whipped cream
\$2.75 \$3.00

Cappuccino

Espresso with steamed milk topped with milk foam
\$3.25 \$3.75 \$4.25

Café Latte

Espresso with steamed milk
\$3.25 \$3.85 \$4.45

Americano

Espresso with hot water
\$2.25 \$2.50

Red Eye

House coffee with a shot of espresso
\$3.50 \$3.85 \$4.25

True Macchiato

Espresso with a dab of milk foam
\$2.50 \$2.75

Café Mocha

Café latte with white or dark chocolate
\$3.25 \$4.45 \$4.95

Hot Cocoa

Steamed milk with mocha mix
\$2.25 \$2.75 \$3.00

Chai Tea Latte

Spiced Chai tea with steamed milk
\$3.25 \$3.80 \$4.10

Cold Drinks

Blissful Blend

Espresso, your choice of milk and flavor blended with ice and topped with whipped cream.
\$5.25

Iced Coffee

\$3.25 \$3.50 \$3.75

Iced Latte

Espresso and cold milk over ice
\$3.25 \$3.85 \$4.45

Iced Mocha Latte

Café mocha over ice
\$3.85 \$4.45 \$4.95

Gorilla Coffee

Iced coffee blended with frozen banana and mocha.
\$5.25

Iced Flavored Latte

\$3.85 \$4.45 \$4.95

Iced Tea

\$1.50 \$1.75 \$2.00

Italian Soda

Flavored syrup in iced sparkling mineral water.
\$3.50

Creamosas

Italian soda and half & half.
\$3.75

Added Flavor Shots \$.65

Vanilla, Caramel, Mocha, White Mocha, Toffee Nut, Raspberry, Sugar Free Caramel, Sugar Free Vanilla, Hazelnut, Seasonal Syrups

Soy Milk \$.65

Almond Milk \$.65