

# Breakfast



Pictured is the Fluco on a croissant

## **Sandwiches:**

**Fluco:** Two farm-fresh eggs, melty cheese, and bacon stacked on your choice of english muffin, toast, croissant, bagel, or biscuit. A classic breakfast done right. \$6.95

**Classic:** One fresh-cooked egg and melted cheese on your choice of English muffin, toast, croissant, bagel, or biscuit. Add bacon, sausage, or plant-based sausage to make it your own.

*Egg and Cheese \$4.00. Bacon or Sausage \$2.50.  
Plant based sausage \$2.00*

## **Platter:**

**Sunnyside:** Two eggs cooked your way, served with your choice of bacon, sausage, or plant-based sausage. Comes with your pick of English muffin, toast, croissant, bagel, or biscuit, plus a fresh fruit side. \$9.50



Pictured is the Sunnyside Platter



Pictured is the Southwestern Omelet

## **Omelettes:**

**Cheese:** A fluffy two-egg omelet filled with perfectly melted cheese. \$5.25

**Meat:** A hearty two-egg omelet filled with crispy bacon and melted cheese. \$7.35

**Veggie:** A fluffy, two-egg omelet filled with sautéed onions, mushrooms, and peppers, finished with smooth, melted cheese. A vibrant and satisfying vegetarian classic. \$7.35

**Southwestern:** A two-egg omelet filled with black beans, onions, tomatoes, peppers, and melted cheese, topped with fresh avocado and salsa. \$9.45

# Breakfast

## **Burritos and Wraps:**

**Breakfast Burrito:** Two scrambled eggs and melted cheese wrapped in a warm tortilla.

*Initially starts as \$5.75 and all add on's have additional prices*

### **Burrito Add On's:**

Add black beans, avocado, salsa, sour cream, bacon sausage, plant-based sausage, onions, mushrooms, or peppers to make it your own.

**Vegan Breakfast Wrap:** A flavorful tofu scramble with vegan cheese, onions, peppers, mushrooms, black beans, and fresh avocado wrapped in a warm tortilla. *\$10.50*

## **Pancakes:**

Wholesome, fluffy protein-packed pancakes made with hearty multigrains. Available as a single or a stack of three. Choose plain, or add blueberries, bananas, or chocolate chips.

*Single pancake \$3.50. Stack of Three \$9.50. All Add On's \$1.00*



Pictured is breakfast burritos and homefries



Pictured is the Lavender Sunset



Pictured is a seasonal fruit bowl

## **Add On's & Sides:**

Extra egg \$2.00  
Side of fruit \$3.00  
Plant-based sausage \$2.00  
Bacon or sausage \$2.50  
Toast (wheat, multigrain, white, rye, gluten free, rosemary or sourdough) \$1.25  
English muffin \$2.25  
Home fries \$3.00  
Biscuit \$2.25  
Bagel \$2.25  
Croissant \$2.50

## **Beverages:**

Hot Tea \$2.50  
Coffee \$2.50  
Sweet or Unsweet Tea \$2.50  
Lemonade \$2.50  
Orange Juice \$3.00  
Lavender Sunset \$4.49  
Orange Sunrise \$4.49

# Lunch

## **Grain Bowls:**

All start with brown rice, garlic quinoa, mixed greens

Fiesta: A vibrant mix of char-grilled onions, sweet roasted corn, black beans, creamy avocado, and bursting cherry tomatoes, all finished with a zesty cilantro dressing. Fresh, colorful, and full of flavor.

Greek: A Mediterranean favorite featuring crisp cucumbers, red onions, cherry tomatoes, kalamata olives, and crumbled feta. Served with smooth hummus and drizzled with our cool, tzatziki dressing.

Tofu: Tofu paired with grilled corn, avocado, cherry tomatoes, and crumbled feta, all tossed in a basil vinaigrette. Light, satisfying, and packed with fresh herb flavor.

Falafel:

Full Size:  
Half Size:  
Add Chicken:



Pictured is the Greek Salad (top) and the Garden Medley (bottom)

## **Beverages:**

Hot Tea \$2.50  
Coffee \$2.50  
Sweet or Unsweet Tea \$2.50  
Lemonade \$2.50  
Orange Juice \$3.00  
Lavender Sunset \$4.49  
Orange Sunrise \$4.49



Pictured is a Full Size Falafel Grain Bowl

## **Salads:**

Garden Medley: A blend of mixed greens, red onions, tomatoes, peppers, and cucumbers, topped with a boiled egg for a fresh, nourishing bite.

Easy Chicken: Our house-made chicken salad served over a bed of fresh greens. Simple, satisfying, and delicious.

Green Eggs: Egg salad layered over fresh mixed greens for a light, classic, and comforting choice.

SpringTime: A bright, seasonal mix of fresh greens, sweet strawberries, walnuts, and crumbled blue cheese—a perfect balance of sweet, crunchy, and tangy.

Greek Salad: A crisp, refreshing classic with crunchy mixed greens, kalamata olives, creamy feta, sliced red onions, and tomatoes, all bringing bright Mediterranean flavor in every bite.

# Lunch

## **Sandwiches:**

The Willow: Layers of savory ham and melted cheese grilled to golden perfection on buttery toasted bread.

Stella: House-made chicken salad with sweet grapes, crunchy walnuts, and crisp celery tossed in creamy mayo, served on bread for a satisfying, flavorful sandwich.

BLT: Crisp bacon, fresh lettuce, and ripe tomatoes stacked on toasted bread with a touch of mayonnaise. A timeless favorite.

Nu-Beginnings: Sliced turkey, crispy bacon, fresh lettuce, and juicy tomatoes, layered on toasted bread with a creamy avocado aioli for a rich, flavorful twist on a classic.

Why Not: A savory mix of grilled mushrooms, onions, and peppers, with garlic, sliced tomato, and creamy avocado on toasted bread. A flavorful, hearty vegetarian delight.  
Something Different:

Something Different: tofu paired with tangy sauerkraut, sweet mango chutney, and fresh mixed greens on toasted bread. A perfect balance of bold flavors and fresh crunch.

Hen House: Creamy egg salad served on fresh bread with crisp mixed greens. A classic, satisfying choice.

Big Cheese: Golden toasted bread layered with melted cheese. Simple, warm, and comforting.



Pictured is an Apple Panini

## **Paninis:**

Turkey: Sliced turkey with crisp apple slices, muenster cheese, and fresh mixed greens, drizzled with honey mustard, pressed on toasted bread for a warm, sweet-and-savory delight.

Ham: Savory ham with Swiss cheese and juicy tomato, layered with smoky garlic mayo and pressed on toasted bread for a warm, flavorful classic.

Spicy Chicken: Grilled chicken with caramelized onions, crispy bacon, and provolone cheese, topped with mixed greens and a kick of sriracha mayo, pressed on toasted bread for a bold, flavorful bite.

Apple: Sweet apple slices with muenster cheese, caramelized onions, crunchy walnuts, and fresh mixed greens, pressed on toasted bread for a warm, sweet-and-savory treat.

BBQ: Grilled chicken with crispy bacon, muenster cheese, and fresh mixed greens, drizzled with tangy BBQ sauce and pressed on toasted bread for a smoky, savory favorite.

Ranch: Grilled chicken with crispy bacon, provolone cheese, and fresh mixed greens, drizzled with creamy ranch and pressed on toasted bread for a savory, comforting favorite.

BBQ Tofu: Marinated tofu with sweet pineapple, red onions, and fresh mixed greens, drizzled with tangy BBQ sauce and pressed on toasted bread for a bold, sweet-and-savory vegetarian option.

Choice of Bread: Rye, Wheat, White, Sourdough,  
Rosemary, Gluten Free, or Multigrain

\*All Sandwiches and Paninis served with a dill pickle\*