



Breads

- Sourdough Boule \$9
- Sesame Sourdough Boule \$9.75
- Poppyseed Loaf \$8
- Sourdough Rye \$9
- Olive Boule \$9
- Fruit Nut Bread \$8
- Baguette \$4.50
- Solidarity loaf \$9.00 (Donation to provide a loaf of Sourdough to someone in need)

Pastries

- Sonora Wheat Croissant \$4
- Chocolate Croissant \$4.50
- Ham & Gruyere Croissant \$5
- Pistachio Croissant \$5
- Halvah Croissant \$5
- Morning Bun \$4.50
- Raspberry Fairy \$4.50
- Spiced Vegan Tea Cake \$4.50
- Blueberry Scone \$3.75
- Ginger Scone \$3.75
- Almond Streusel Coffee Cake \$4
- Jam Heart Tart \$6
- Spelt Blueberry Muffin \$3.50
- Citrus Cornmeal Muffin \$3.50
- Swedish Cardamom Bun \$4 (Weekends Only)
- Cherry-Almond Tart \$5 (Weekends Only)
- Pain d'amande \$5 (Weekends Only)
- White Cheddar Biscuit \$3.50
- Cherry Tomato Chausson \$5
- Spinach Breakfast Galette \$6
- Mushroom Quiche \$8
- Bacon Quiche \$8

Cookies

- Rye Chocolate Chip \$2.75
- Trouble Cookie \$2.75
- Peanut Butter Cookie \$2.50
- Oatmeal Date Cookie \$2.50
- Graham Pig \$2.00

Breakfast

Handmade bagel & cream cheese \$4

Granola Parfait, Greek yogurt, blueberry compote & granola \$7

Avocado Toast, toasted sourdough, smashed avocado, pistachio dukkah \$8

Eggs your way, three eggs, sourdough toast, choice of bacon or mushrooms \$12

Olive oil fried eggs, harissa, chickpeas & thick yogurt \$13

Beef Shortrib Hash, two eggs, braised beef, yukon potato & pickled chili salsa verde \$13

BELT- thick bacon, tomato, lettuce, over easy egg & basil mayo on toasted sourdough \$15

Baked Buckwheat Pancake, blueberry compote, maple syrup \$13 (allow 20 min)

Avocado Bagel cream cheese, cucumber, tomato, red onion & sprouts \$13

Lunch

Salads

Kale Salad with butternut squash, pepitas, parmesan & pumpkinseed vinaigrette \$13

Chicken Arugula Salad with dates, pecorino & smoked chili vinaigrette \$14

Macro Bowl avocado, beets, cucumbers, sprouted legumes, green beans, hard cooked egg & brown rice \$15

Sandwiches

Brie Baguette Sandwich with apricot jam & pounded almonds \$10

Marinated eggplant sandwich, tomato jam, French feta & basil \$11

Smoked Prosciutto & butter baguette \$9

Smoked Ham & Cheddar on poppy seed sourdough with mayo & homemade pickles \$11

Hippie Sandwich, green pea mash, avocado, feta, lettuce, sprouts & herb dressing \$13

Turkey Sandwich, roasted turkey, avocado, cheddar cheese, iceberg, 1000 Island dressing \$14

Warm Pastrami, melted swiss, Russian dressing slaw, mustard on sourdough rye \$13

Fried Chicken Sandwich spiced apricot chutney, arugula & aioli on a potato bun \$13

FROM OUR DELI CASE

Cold Fried chicken 1pc \$4, 2pc. \$7.5

Olive-oil Tuna salad \$7

Chicken Salad \$7

Egg Salad \$5.50

Deli style potato salad \$5

Hummus \$6

Muhamarra \$6

Burnt Eggplant & Tahini dip \$7

Tomato Soup 1 qt. \$12