

FRESH BAKED BREAD

ABOUT OUR BREAD: MADE FROM SCRATCH IN SMALL BATCHES USING ANCIENT GRAINS THAT ARE MORE THAN 2X THE PRICE OF WHEAT FLOUR

*VEGAN

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| HAND ROLLED BAGEL 2.95 | CAULI-FOCACCIA* 3.5 | VEGAN BRIOCHE BUN 4 PACK 11.75 |
| PARMESAN CHEESE ROLL 3.25 | PITA 3 PACK* 9.25 | ARTISAN RUSTIC LOAF 9.75 |
| 5&5 GRAIN & SEED LOAF* 9.75 | PAIN DE MIE LOAF 9.75 | SLOW RISE SOURDOUGH* 14.5 |

BYO BAGEL SANDWICH

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| BAGEL + ANY CREAM CHEESE* | 5.5 |
| TOMATO, ARUGULA & PICKLED ONION | +2 |
| SMOKED SALMON | +7 |
| PASTRAMI CRUSTED SALMON | +7.5 |
| HOMEMADE VEGAN CARROT LOX | +6 |

*MAKE IT VEGAN: ASK FOR 5&5 BREAD AND TOFU CREAM CHEESE

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| BAGEL + TOMATO & ARUGULA* | 5.5 |
| ZA'ATAR TUNA SALAD | +4.5 |
| JERUSALEM EGG SALAD | +4.5 |
| SMOKED WHITEFISH SALAD | +6.5 |
| HOMEMADE HUMMUS (V) | +3.5 |
| HOMEMADE AVO SPREAD (V) | +3.5 |

*MAKE IT VEGAN: ASK FOR 5&5 BREAD

SMASHED AVO TOAST

SERVED ON CHOICE OF OPEN FACED BAGEL OR 5&5 BREAD (V) – ADD SCRAMBLED EGGS +3.5

W/ LEMON & CRACKED PEPPER.....9

AVO & POM.....11

AVOCADO, POMEGRANATE SEEDS, MARINATED FETA & CHILI

AVO & SMOKE.....15

AVOCADO, SMOKED SALMON, TOMATO, ARUGULA & PICKLED ONION

FOCACCIA SANDWICHES

SERVED ON CAULIFLOWER FOCACCIA BREAD (V)

CAPRESE.....10

MARINATED FRESH MOZZARELLA, BEEFSTEAK TOMATO, PINE NUT & BASIL PESTO

SABICH (V).....10.5

FRIED EGGPLANT, HUMMUS, CABBAGE, ISRAELI SALAD, TURMERIC AMBA SAUCE

TUNISIAN.....11

TUNA, EGG, PICKLED LEMON, POTATO, OLIVES, TOMATO, HARISSA

SIGNATURE SALADS

ADD GRILLED SALMON +7 ADD SEARED SESAME CRUSTED AHI +9 ADD CHEESE +3

SIMPLY KALE10

GOLDEN RAISIN, PINE NUTS, PARMESAN CHEESE, LEMON VINAIGRETTE

SUNFLOWER CAESAR.....10

BABY ROMAINE, RADICCHIO, PARMESAN, EVERYTHING CROUTONS, UMAMI CAESAR DRESSING

CHOP CHOP (V).....10

FIELD MIX, BROCCOLI STEMS, CHERRY TOMATO, RED ONION, ENGLISH CUCUMBER, BELL PEPPER, SHREDDED CARROTS, AVOCADO, CHICKPEA, CORN, RED WINE VINAIGRETTE

IRON HARVEST (V).....11

SPINACH, ROASTED SWEET POTATO, QUINOA, AVOCADO, CHERRY TOMATO, TOASTED PUMPKIN SEEDS, DRIED CRANBERRIES, APPLE CIDER VINAIGRETTE

HOT BREAKFAST SANDWICHES

SERVED ON CHOICE OF BAGEL OR PALEO PARMESAN MANCHEGO ROLL*

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| B.E.C* | 10 |
| HOMEMADE VEGAN BACON, SCRAMBLED EGGS, CHEDDAR CHEESE | |
| SWEET BILLY | 10.5 |
| SCRAMBLED EGGS, GOAT CHEESE, HOMEMADE CHILI JAM | |
| THE BIG SHOW* | 11 |
| HOMEMADE VEGAN SAUSAGE, SCRAMBLED EGGS, CHEDDAR CHEESE | |
| G'DAY MATE | 10 |
| FRIED EGG, AVOCADO, HARISSA AIOLI | |
| THE SHROOM | 11 |
| SCRAMBLED EGGS, MUSHROOM SAUSAGE (V), TRUFFLE AIOLI | |

*MAKE IT VEGAN: ASK FOR BRIOCHE BUN, VEGAN CHEEZ, AND JUST EGGS (+2)

GRILLED CHEESE

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| BREAKFAST GRILLED CHEESE | 10.5 |
| CHEDDAR BLEND, HOMEMADE ONION JAM, FRIED EGG | |
| CLASSIC | 9 |
| PAIN DE MIE BREAD, CHEDDAR CHEESE | |
| PARMESAN CRUSTED | 12 |
| FRESH MOZZARELLA, TOMATO, BASIL PESTO | |

EXTRAS

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| LATKE TOTS W/ PARMESAN & CHIVES | 5.5 |
| SOUP OF THE DAY | 5 |
| HOMEMADE TRUFFLE & BLACK LIME POTATO CHIPS (V) | 5 |
| MARKET VEGETABLES / DELI SIDES (SEE CASE) | 5 |

WEEKLY SPECIALS

SHEET PANCAKES12

CINNAMON SUGAR, DULCE DE LECHE, ESPRESSO MAPLE, BANANA , WHIPPED IRISH CREAM

QUICHE ON COLUMBUS12

ROASTED RED PEPPER, CARAMELIZED ONIONS, CHERRY TOMATO, POBLANO CHILI, EGGPLANT & HERBS. SERVED WITH ARUGULA SALAD

THE PHOENIX SANDWICH.....14

SUPERSEED BAGEL, SCRAMBLED EGGS, CHEDDAR, TOMATO, PEPPERS, ONION, GREEN CHILI AIOLI

THE 18K SANDWICH18

PLAIN BAGEL, SMOKED SALMON, CHILI FRIED EGG, CHIVE CREAM CHEESE, AVOCADO, PICKLED ONION.

SUMMER FLING SALAD (V)11

SHAVED BROCCOLI & BRUSSELS, RED QUINOA, KALE, RADICCHIO, SUNFLOWER SEEDS, DRIED CHERRIES, POPPY & LIME VINAIGRETTE

DRINKS

FLAVORED LATTES6

CHOICE OF VANILLA OR HAZELNUT SYRUP (ADD .50 FOR ICED)

PINEAPPLE RUSH SPRITZER6

PINEAPPLE, SPARKLING WATER, FRESH PINEAPPLE

FRUIT PUNCH SPRITZER6

PASSION FRUIT, BLUE RASPBERRY, PINEAPPLE, SPARKLING WATER, FRESH FRUIT

RASPBERRY PASSION SPRITZER.....6

RASPBERRY, PASSION FRUIT, SPARKLING WATER , FRESH BERRIES

BLUE RASPBERRY SPRITZER.....6

BLUE RASPBERRY, SPARKLING WATER, MINT