



**EAT, DRINK
& BE HAPPY**



DAILY SEASONAL SOUPS

\$7

Served w/toasted bread

SEASONAL SALADS

GARDEN SALAD

Small \$5 | Large \$10.25
greens, cucumber, tomatoes

MIXED BERRY \$10.25

Spinach, goat cheese, almonds, berries

SMOKED SALMON \$10.25

Greens, beets, ricotta cheese, honey

ARUGULA \$10.25

Arugula, turkey, roasted tomato,
asiago cheese

WITH CHOICE OF DRESSING

Creamy italian white balsamic
Lemon honey vinaigrette
Garlic & herb vinaigrette
Oil and vinegar

CREPES

CHOOSE REGULAR OR GLUTEN FREE CREPES
-OR- MAKE IT A SANDWICH BY CHOOSING
BAGUETTE OR 9 GRAIN BREAD 

RISE & SHINE

\$12.⁵

EXTRA TOPPINGS AVAILABLE

BERRYLICIOUS

Mixed berries, ricotta, almonds, honey,
raspberry coulis

SKINNY GOAT

Egg whites, goat cheese, baby spinach,
roasted tomatoes

NORWEGIAN*

Two scrambled eggs, smoked salmon,
cucumber, cream cheese, dill sauce

ABC

Avocado, bacon, cheddar cheese,
tomato salsa

PORTUGUESE

Two scrambled eggs, black forest ham,
roasted tomatoes, basil

FULL MONTY

Two scrambled eggs, cheddar cheese with
your choice of bacon, turkey, black forest
ham or roast beef


THE BURG

Caramelized onions, mushrooms, scrambled
eggs, asiago cheese

PANCREPE

Maple syrup & butter

\$10.⁷⁵

 = Vegan

 = Vegetarian



EAT
\$12.⁵

EXTRA TOPPINGS AVAILABLE

MONSIEUR

Black forest ham, béchamel, swiss cheese

APPLE MELT

Turkey breast, spinach, roasted apple, brie
cheese, caramel drizzle

NORMANDIE

Asparagus, brie cheese, roasted mushrooms,
mushroom cream sauce

CAPRESE

Mozzarella, ricotta, fresh tomato, basil,
balsamic glaze

TLT

Turkey breast, arugula, roasted tomatoes,
basil aioli

HUMMUS

\$7.25

roasted tomato pesto
served with veggies & chips



VEGAN TARTINES DUO

\$12.5

#1 Avocado toast, EVOO, lemon pepper
#2 Hummus, EVOO, alfalfa sprouts,
almond basil pesto
on 9 grain bread



CUBANITO

Black forest ham, smoked pork, swiss cheese,
dijon mustard, pickle

THE WHOLE ENCHILADA

Smoked pork, cilantro, avocado,
cheddar cheese, tomato salsa

SWAMP GRASS

Hummus, sprouts, tomato, cucumber, lemon
pepper, goat cheese

THE BEETS

Roasted beets, goat cheese, arugula,
almond basil pesto, balsamic glaze

CHEESEBURGER

Seasoned ground beef, caramelized onions,
cheddar cheese, pickles, housemade
special sauce

FRENCH "PHILLY"

Roast beef, caramelized onions,
asiago cheese, arugula, housemade
horseradish sauce

SMOKED SALMON PLATE*

\$13.5

Toasted bagel, cream cheese, sprouts,
cucumber, lemon pepper, dill sauce

SIDES

Small garden salad \$5
Bagels & cream cheese \$5
Avocado toast \$6.5
Toast & jam \$3.5
Fresh fruit \$5
Bag of Chips \$2
Bacon \$5

*Consuming raw or undercooked meats, poultry, seafood,
shellfish, or eggs may increase your risk of food-borne illness,
especially if you have a certain medical condition

BUILD YOUR OWN CREPE, SANDWICH, OR SALAD

CHOOSE REGULAR OR GLUTEN FREE CREPES -OR- MAKE IT A SANDWICH BY CHOOSING BAGUETTE OR 9 GRAIN BREAD 

\$12.5 Includes three toppings

PROTEIN

ADDITIONAL TOPPINGS \$2

- Turkey
- Black forest ham
- Smoked pork
- Roast beef
- Ground beef
- Bacon
- Smoked salmon*
- Scrambled eggs
- Egg white

CHEESE

ADDITIONAL TOPPINGS \$2

- Cheddar
- Swiss
- Mozzarella
- Brie
- Goat
- Ricotta
- Cream cheese
- Asiago

FRUITS

ADDITIONAL TOPPINGS \$1.5

- Banana
- Strawberry
- Blueberry
- Raspberry
- Roasted apples
- Blackberries
- Lemon wedges

VEGGIES

ADDITIONAL TOPPINGS \$1.5

- Fresh tomato
- Oven roasted tomato
- Spinach
- Arugula
- Avocado
- Sprouts
- Cucumber
- Basil
- Pickles
- Hummus
- Asparagus
- Cilantro
- Beets
- Roasted mushrooms
- Caramelized onions

EXTRAS

ADDITIONAL TOPPINGS \$1.5

- Mushroom cream sauce
- Almond basil pesto
- Balsamic glaze
- Lemon pepper
- Béchalme sauce
- Basil aioli
- Dijon mustard
- Horseradish crema
- Dill sauce
- Tomato salsa
- Burger sauce
- Roasted tomato pesto

ICE CREAM

ADDITIONAL TOPPINGS \$2.5

- Vanilla bean
- Chocolate
- Banana crunch

OTHER SWEETS

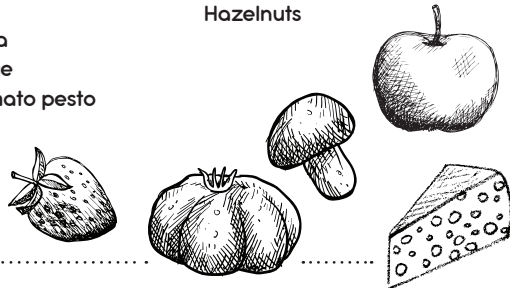
ADDITIONAL TOPPINGS \$1.5

- Cinnamon sugar
- Oreo
- Marshmallow
- Granola
- Graham cracker
- Chocolate chip
- Strawberry jam
- Peanut butter
- Nutella
- Honey
- Dark chocolate sauce
- White chocolate sauce
- Caramel sauce
- Raspberry Coulis
- Maple syrup
- Cream cheese icing

NUTS

ADDITIONAL TOPPINGS \$1.5

- Almonds
- Hazelnuts



BE HAPPY

\$12.5

CHOOSE REGULAR OR GLUTEN FREE CREPES
EXTRA TOPPINGS AVAILABLE

PB & J

Strawberry jam & peanut butter

\$10.75

STRAWBERRY CHEESECAKE

Fresh strawberry, cream cheese icing, graham cracker

BEES KNEES

Peanut butter, honey, banana, granola


BANANELLA

Nutella, banana, toasted hazelnuts, banana crunch ice cream, chocolate sauce

SMORES

Marshmallow, chocolate chips, chocolate sauce, graham cracker, chocolate ice cream

OUR CREPE SUZETTE

Lemon ricotta, Grand Marnier  caramel sauce, powdered sugar

NUTTY JOE

Nutella, oreos, vanilla bean ice cream, espresso shot, chocolate sauce

BLUEBERRY DELIGHT

Blueberry, almonds, vanilla bean ice cream, white chocolate sauce



ICE CREAM

\$3.5 a Scoop

- Vanilla Bean
- Chocolate
- Banana Crunch

CHEESECAKE OF THE DAY

\$6

COFFEE

Coffee/Decaf \$3.25

Espresso \$3.5

Double espresso \$4.25



\$4.5

- Americano
- Latte, cappuccino, macchiato
- Café au lait, hot chocolate
- Cold Brew

*All Coffee Available Iced or Hot

DRINKS

Hot tea \$4.5

Iced tea \$3.5

Hand Squeezed OJ

\$6.5 [large] // \$4.5 [small]

Housemade Lemonade \$4.75

Bottled water \$2.5

Soda \$2.75

Kombucha \$6.25

Martinelli's apple juice \$4.5

Perrier Water \$3.5

Matcha Latte or Lemonade \$5.5

Milk \$2.75

Chocolate Milk \$3.75



Bellini

Bloody Mary

Mimosa

Sangria (red/pink/white)

\$8.75

Cold Beer \$6.25

Wine by the glass \$7.25

Wine by the bottle \$25

Pitcher of Sangria \$20

Bottle of Sparkling Wine \$25



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