



**EAT, DRINK
& BE HAPPY**



**DAILY
SEASONAL
SOUPS**

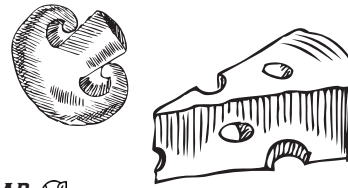
\$7

Served w/toasted bread



CREPES

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



RISE & SHINE

\$12.⁵

BERRYLICIOUS 

Mixed berries, ricotta, almonds, honey, raspberry coulis

NORWEGIAN

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

ABC

Avocado, bacon, cheddar cheese, tomato salsa

FULL MONTY

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

SKINNY GOAT

Egg whites, goat cheese, baby spinach, roasted tomatoes

PORTUGUESE

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

PANCREPE 

Maple syrup & butter

\$10.⁷⁵

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

EAT

\$12.⁵

APPLE MELT

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

CUBANITO

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

MONSIEUR 

Black forest ham, béchamel, swiss cheese

TLT 

Turkey breast, arugula, roasted tomatoes, Poblano aioli

 = Vegan  = Vegetarian

WITH CHOICE OF DRESSING

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

HUMMUS

\$7.25

almond basil pesto
served with veggies & potato chips



**VEGAN
TARTINES DUO**

\$12.5

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



**SMOKED
SALMON PLATE**

\$13.5

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

SIDES

Small garden salad \$5
Bagels & cream cheese \$5
Fresh fruit \$5
Bag of chips \$2
Bacon \$5
Avocado toast \$6.5



*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 WITH BAGUETTE OR 9 GRAIN BREAD 
\$12.5
 Up to three toppings

SWEET

FRUITS

ADDITIONAL TOPPINGS \$1.25
 Banana
 Strawberry
 Blueberry
 Raspberry
 Roasted apples

NUTS

ADDITIONAL TOPPINGS \$1.25
 Almonds
 Hazelnuts

ICE CREAM

ADDITIONAL TOPPINGS \$2.5
 Vanilla bean
 Banana crunch

OTHER SWEETS

ADDITIONAL TOPPINGS \$1
 Oreos
 Granola
 Graham cracker
 Marshmallows
 Chocolate Chips

SAUCES

ADDITIONAL TOPPINGS \$1
 Peanut butter
 Nutella
 Honey
 Caramel
 Raspberry coulis
 Maple syrup
 Cream cheese icing
 Dark chocolate




ICE CREAM

\$3.5 a Scoop
 Vanilla Bean
 Banana Crunch

BE HAPPY
\$12.⁵

CHOOSE REGULAR OR GLUTEN FREE CREPES

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

OUR CREPE SUZETTE

Lemon ricotta, brown butter Grand Marnier  caramel, powdered sugar

NUTTY JOE

Nutella, oreos, vanilla bean ice cream, espresso shot

SMORES

Marshmallows, chocolate chips, chocolate sauce, graham cracker, vanilla ice cream

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]
 Bottled water \$2.5
 Lemonade \$4.5
 Soda \$2.75
 Kombucha \$6.25
 Martinelli's apple juice \$4.5
 Perrier Water \$3.5
 Matcha Latte/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 \$25

SAVORY

PROTEIN

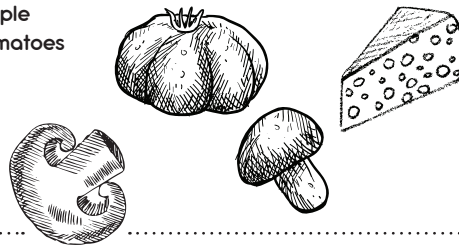
ADDITIONAL TOPPINGS \$2
 Turkey
 Black forest ham
 Smoked pork
 Bacon
 Smoked salmon*
 Scrambled eggs
 Egg white

CHEESE

ADDITIONAL TOPPINGS \$2
 Cheddar
 Swiss
 Brie
 Goat
 Ricotta
 Cream cheese

VEGGIES & FRUITS

ADDITIONAL TOPPINGS \$1.25
 Fresh tomato
 Spinach
 Arugula
 Avocado
 Sprouts
 Cucumber
 Pickles
 Hummus
 Cilantro
 Beets
 Roasted apple
 Roasted tomatoes



EXTRAS

ADDITIONAL TOPPINGS \$1.5
 Almond basil pesto
 Balsamic glaze
 Lemon pepper
 Maple syrup
 Dijon mustard
 Dill sauce
 Tomato salsa
 Poblano aioli
 Béchamel sauce



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Uber Eats  DOORDASH  GRUBHUB

