



SMALL ITEMS

Greek Yogurt Parfaits

Agave, honey, Greek yogurt, house granola, variety of strawberry, blueberry or tropical fruit
\$5

Protein Balls

House made dried fruit protein balls
\$1.50 per ball



DRINKS

Juice	\$3
Bottled Water	\$2
Soda	\$2



BREAKFAST WRAPS

Local organic egg frittatas sourced from Sauders Farm on whole wheat wraps

Egg Frittata and Cheese

Tillamook Cheddar
\$6

Bacon, Egg Frittata and Cheese

Bacon sourced from Stoney Point Farm
\$7.50

Sausage, Egg Frittata and Cheese

Sausage sourced from Berkshire Farm
\$7.50



SANDWICHES AND WRAPS

Pesto Chicken	\$8
<i>Grilled Allen Farms chicken with tomato on multi-grain bread</i>	
Eye Round	\$9
<i>Angus beef sourced from Creekstone Farm with caramelized onions, lettuce and tomato on torta roll</i>	
Organic Turkey	\$9
<i>Turkey sourced from Plainville Farms with lettuce and tomato on multi-grain bread</i>	
Smoked Chicken Salad	\$8
<i>Grapes, lettuce and tomato on whole wheat wrap</i>	
Ahi Tuna Salad	\$8
<i>Lemon dill tuna salad with lettuce and tomato on multi-grain bread</i>	



SALADS

Organic Cranberry Apple

Over bed of organic chevre cheese and mixed greens
\$8

Roasted Beet

Over bed of arugula, cucumbers, feta cheese and pepitas
\$8

Greek Romaine

Artichoke hearts, kalamata olives, tomatoes and cucumbers
\$7.50

Autumn Apple Salad

Mixed greens, fresh apples, goat cheese, walnuts or pecans, apple cider vinegar dressing
\$8



BROWN RICE OR QUINOA POWER BOWLS (gluten free)

Sweet and Sticky Chicken	\$12
<i>Grilled Allen's Farm chicken with broccoli, beans and carrots</i>	
Caprese Pesto Chicken Bowl	\$13
<i>Balsamic glazed chicken, fresh mozzarella, tomatoes, basil pesto, cashews</i>	
Roasted Root Vegetable	\$10
<i>Maryland yams, beets, turnips and butternuts</i>	
<i>Add grilled chicken (\$1.50)</i>	
Goddess Jail Island Salmon	\$13
<i>Green goddess dressing, fennel and vegetables</i>	
Moroccan Chick Pea Bowl	\$10
<i>Quinoa, chick peas, diced carrots, honey lemon dressing</i>	

Carry out containers made with recycled materials.



“Treat others better than you would expect to be treated.”

-Leroy Merritt (Founder)
