

BREAKFAST SPECIALS

OATMEAL + YOGURT

MYLK LABS OATMEAL **VN** 210 - 230 cal 3.85

Banana nut, apple cinnamon or almond + pink salt

Prefer your oatmeal prepared with steamed milk? Just ask!

MOLLY'S CHIA PARFAIT **V** 350 cal 5.95

blueberry or strawberry

HOT BREAKFAST

RADISH + RAINBOW CHARD AVOCADO TOAST **V** 8.50
230 cal

rustic sourdough, avocado spread, shaved radish, rainbow chard, fresh herbs, champagne vinaigrette, toasted pepitas

SPINACH ARTICHOKE QUICHE **V** 450 cal 6.25

fire-roasted tomato, artichoke, sauteed onion, mascarpone, aged cheddar

MEDITERRANEAN QUICHE **V** 470 cal 6.25

roasted red pepper, caramelized onion, spinach, feta

MORNING STAR BREAKFAST TACO **V** 410 cal 4.45

scrambled eggs, morning star sausage, breakfast potatoes, charred onion + pepper salsa, cotija cheese, flour tortilla

STEAK + EGGS BREAKFAST TACO 415 cal 4.95

scrambled eggs, grilled flank steak, breakfast potatoes, charred onion + pepper salsa, cotija cheese, flour tortilla

BAKERY

Butter Croissant **V** 4.00 Seasonal Tea Loaf **V** 3.00

Pain Au Chocolat **V** 4.45 Cinnamon Roll **V** 4.50

Almond Croissant **V** 4.00 Parmesan Bacon Biscuit 4.50

Blazing Bagel **V** 5.00 Spinach & Cheese Bun **V** 3.50

with plain or vegan cream cheese

DAILY MENU

SOUPS

8 oz. 3.75 | 12 oz. 5.00 | 16 oz. 5.95

Check the Big Board for Today's Soup Selections

SALADS 8.95

PESTO CAESAR **V** 435 cal

romaine, olives, parmesan, lemon wedge, croutons + pesto caesar dressing

SMOKED ALMOND COBB **V** 415 cal

romaine, arugula, avocado, cucumber, pickled red onion, grape tomato, shaved cabbage, shredded cheddar, hard cooked egg, smoked almonds + ranch dressing

ADD PROTEIN + 4.45

Grilled Chicken +150 cal

Grilled Flank Steak* +225 cal

Roasted Herb Tofu **VN** +68 cal

SANDWICHES 7.25 HALF / 10.95 WHOLE

MEDITERRANIAN CAULIFLOWER WRAP **VN** 280/560 cal

mezze spiced cauliflower, spinach, tomato, shaved red onion, hummus, tzatziki, spinach tortilla

GRILLED CHICKEN + ARTICHOKE 325/650 cal

herb marinated chicken breast, roasted garlic aioli, mixed greens, artichoke hearts, sliced jalapeño, ciabatta roll

TURKEY AVOCADO CLUB 445/890 cal

turkey, avocado, bacon, provolone, dijonnaise, lettuce, tomato, sliced sourdough

VN vegan **V** vegetarian

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have medical conditions

THIS WEEK'S SPECIALS

FLATBREADS Monday – Tuesday

PEPPERONI FLATBREAD 740 cal	8.95
crushed tomato, shredded provolone, sliced pepperoni	
GREEK FLATBREAD V 740 cal	8.95
olive tapenade, grape tomato, feta cheese, arugula, balsamic glaze	

GLOBAL POP-UP Thursday – Friday

HERB CRUSTED CHICKEN + BLACK EYED PEAS + COLLARD GREENS 480 cal	11.25
herb crusted chicken quarter, slow cooked black eyed peas, spicy braised collard greens	
HERB CRUSTED TOFU + BLACK EYED PEAS + COLLARD GREENS V 370 cal	11.25
herb crusted tofu steak, slow cooked black eyed peas, spicy braised collard greens	

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FEATURED SOUP

8 oz. 3.75 | 12 oz. 5.00 | 16 oz. 5.95

MONDAY

LEMON CHICKEN ORZO
croutons

150 | 230 | 300 cal

TOMATO BASIL BISQUE **V**
parmesan, parsley

160 | 240 | 320 cal

TUESDAY

GARDEN VEGETABLE **V**
parsley, parmesan

50 | 75 | 100 cal

WEDNESDAY

CLOSED FOR HOLIDAY

THURSDAY

BROCCOLI CHEDDAR + CHICKEN BROTH
crispy onions, cheddar

165 | 250 | 330 cal

CURRIED RICE + LENTIL **V**
parsley

360 | 540 | 720 cal

FRIDAY

CLAM CHOWDER + BACON
green onion

380 | 570 | 760 cal

GARDEN VEGETABLE **V**
parsley

50 | 75 | 100 cal

VN vegan **V** vegetarian

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