

Breakfast ----->

SUNRISE: Egg, tomato, pickled onion, spinach, veggie cream cheese, on multigrain oat bagel. 4.75

JOEY: Sausage, egg, smoked gouda, pesto, on everything bagel. 5.15

RAD: Bacon, cucumber, arugula, cream cheese, balsamic, on everything bagel. 5.89

JALAPENO POPPER: Bacon, cucumber, jalapeno cream cheese, sweet chili sauce, on plain bagel. 5.89

ELLA: Egg, fresh mozzarella, tomato, basil pesto, on ciabatta. 5.25

LOX: Smoked salmon, tomato, red onion, capers, cream cheese, on everything bagel. 7.25

CURIOUS GEORGE: Banana, peanut butter, honey, on multigrain oat bagel. 3.75

WESTERN WRAP: Avocado, egg, tomato, bell pepper, red onion, pickled jalapenos, black bean hummus, on wheat wrap. 5.65

BREKKIE WRAP: Sausage, egg, cheddar, spinach, tomato, chipotle mayo, on spinach wrap. 5.65

CLASSIC: Egg, cheddar, on everything bagel. 3.75 | Add bacon: +1.65 | Add sausage: +1.00

BAGEL WITH SPREAD: 3.00 | Bagels: plain, everything, multigrain oat. | Cream cheeses: plain, veggie, garlic herb, jalapeno. | Spreads: butter, jam, peanut butter, hummus.

Vegan Breakfast ----->

AVOCADO TOAST: Avocado, pickled onion, balsamic glaze, sea salt, on English muffin. 4.60

VEGAN SUNRISE: Tofu egg, tomato, pickled onion, spinach, vegan veggie cream cheese, on multigrain oat bagel. 4.75

VEGAN RAD: Tempeh bacon, cucumber, arugula, vegan cream cheese, balsamic, on everything bagel. 5.89

VEGAN POPPER: Tempeh bacon, cucumber, vegan jalapeno cream cheese, sweet chili sauce, on plain bagel. 5.89

VEGAN CARROT LOX: Smoked marinated carrot, tomato, red onion, capers, vegan cream cheese, on everything bagel. 6.5

VEGAN GEORGE: Banana, peanut butter, on multigrain oat bagel. 3.75

VEGAN WESTERN: Avocado, tofu egg, tomato, bell pepper, red onion, pickled jalapenos, black bean hummus, on wheat wrap. 5.65

VIVA LA VEGAN: Tempeh bacon, grilled tofu egg, vegan cream cheese, on everything bagel. 5.50

BAGEL WITH SPREAD: 3.25 | Bagels: plain, everything, multigrain oat. | Vegan cream cheese: plain, veggie, garlic herb, jalapeno. | Spreads: butter, jam, peanut butter, hummus.

Lunch ----->

RUNNING MAN: Turkey, provolone, pickled onion, pickled cucumber, pickled carrot spiral, kale slaw, garlic hummus, almond milk ranch, on spinach wrap. 8.99

ODYSSEY: Turkey, fresh mozzarella, tomato, onion, basil pesto, on ciabatta. 8.89

FIG & BRIE: Black mission fig, brie, green apple, arugula, on ciabatta. 8.89

CALI CLUB: Turkey, bacon, avocado, swiss, tomato, pickled cilantro mayo, on ciabatta. 8.99

THUNDERBIRD: Turkey, bacon, swiss, pepperoncini relish, chipotle mayo, dijon mustard, on ciabatta. 8.89

TUNA MELT: Tuna salad, cheddar, tomato, pickled cilantro mayo, on ciabatta. 7.50

Make it spicy: sub. chipotle mayo, add pepper relish: + .75

Vegan lunch ----->

ULTRAMAN: Avocado, tomato, pickled onion, pickled cucumber, pickled carrot spiral, kale slaw, garlic hummus, almond milk ranch, on spinach wrap. 7.99

VEGAN FIG: Black mission fig, vegan cream cheese, green apple, arugula, on ciabatta. 8.89

BUFFALO WRAP: Grilled tempeh, pickled carrot spiral, kale slaw, almond milk ranch, buffalo sauce, on wheat wrap. 8.89

Thai WRAP: Bell peppers, tomato, cucumber, pickled carrot, arugula, garlic hummus, sweet chili sauce, on spinach wrap. 6.99

VEGAN BANH MI: Marinated tofu, pickled onion, pickled cucumber, pickled carrot, garlic hummus, almond milk ranch, on ciabatta 7.25

--> Breakfast and lunch served all day.

--> All lunch items served with chips. Add chips to breakfast items: +1.00

--> Gluten free bread and bagels available for small upcharge.

