



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, coconut curry 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.





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, 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 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, 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.

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