



## Breakfast

**SUNRISE:** Egg, tomato, pickled onion, spinach, garlic herb cream cheese, on multigrain oat bagel.

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

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

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

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

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

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

**CLASSIC:** Egg, cheddar, on everything bagel.  
Add bacon: **+2.25** | Add sausage: **+1.75**

### **BAGEL WITH SPREAD:**

**Bagels:** plain, everything, multigrain oat.

**Cream cheeses:** plain, garlic herb, jalapeno.

**Spreads:** butter, jam, peanut butter, hummus.

## Vegan Breakfast

**AVOCADO TOAST:** Avocado, arugula, red onion, balsamic vinaigrette on everything bagel

**VEGAN SUNRISE:** Tofu egg, tomato, pickled onion, spinach, vegan garlic herb cream cheese, on multigrain oat bagel.

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

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

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

### **BAGEL WITH SPREAD:**

**Bagels:** plain, everything, multigrain oat.

**Vegan cream cheeses:** plain, garlic herb, jalapeno.

**Spreads:** butter, jam, peanut butter, hummus.

--> **Breakfast and lunch served all day.**

--> All lunch items served with chips.

Add chips to breakfast items: **+1.25**

--> Gluten free/vegan tortilla and gluten free bagels available for small upcharge.

--> Add/or substitute vegetarian soysage for appropriate charge.





## Lunch

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

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

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

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

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

## Vegan Lunch

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

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

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

- > **Breakfast and lunch served all day.**
- > All lunch items served with chips.  
Add chips to breakfast items: +1.25
- > Gluten free/vegan tortilla and gluten free bagels available for small upcharge.
- > Add/or substitute vegetarian soysage for appropriate charge.

