



Breakfast

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

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

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

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

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

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

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

CLASSIC: Egg, cheddar, on toasted everything bagel.
Add bacon: **+2.40** | Add sausage: **+1.90**

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 toasted everything bagel

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

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

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

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

BAGEL WITH SPREAD:

Bagels: plain, everything, multigrain oat.

Vegan cream cheeses: plain, garlic herb, jalapeno.

Spreads: 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

(served with chips)

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, pickle cilantro mayo, on ciabatta.

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

Vegan Lunch

(served with chips)

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.

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

