

breakfast served  
8am-11am wednesday-sunday  
all day sunday

## scrambles

ham scramble ham/eggs/potatoes/cheddar + toast \$9      vegetable scramble veggies/eggs/potatoes/cheddar + toast \$9  
yoga scramble spinach/onion/red pepper/eggs/feta +fruit + toast \$9      salmon scramble wild salmon/onion/eggs + bagel \$12

## croissant sammies

egg & cheese \$7.50      garden veggies/egg/dill havarti \$10  
ham & swiss \$9      sausage & egg & cheddar \$11  
ham & swiss & egg \$12      add fruit or potatoes + \$3

## house faves

omelette of the day + potatoes + toast \$10      old-fashioned oatmeal raisins/brown sugar/butter/milk \$6  
mixed vegetable quiche \$5.50 add fruit or potatoes\$3      +blueberries \$1  
mountain breakfast sundae fruit/yogurt/granola \$9      granola + milk \$5

## eggs & whatnot

basics eggs/potatoes/toast \$7      ham + basics farmer john smoked ham \$11  
sausage + basics turkey sausage patties \$10      substitute bagel & butter for toast + \$1.50 or  
bagel & cream cheese + \$2.50  
plain or everything bagel

- toast: twelve-grain, fresh rye, buttermilk, sourdough, ezeziel  
extra toast or substitute and english muffin \$1
- fresh fruit or tomatoes may be substituted for potatoes
  - egg whites 50¢ •add cheese \$1
- cheeses: cheddar, jack, swiss, dill havarti, smoked provolone
- eating undercooked meats & eggs may contribute to food borne illness

## **the sweet stuff**

multigrain pancakes  
one cake \$4  
two cakes \$6  
three cakes \$8

blueberry multigrain pancakes  
one cake \$4.75  
two cakes \$7.50  
three cakes \$10.25

french toast  
petite order \$6.50  
full order \$9

served with whipped butter and log cabin syrup  
•substitute real maple syrup +\$1.50

## **combinations**

bob's breakfast two blueberry pancakes + sausage \$10.50

sausage + pancakes + eggs

one cake \$9.50

the jane petite french toast + sausage \$9.50

two cakes \$11.50

add blueberries +75¢ cake

## **a la carte**

smoked ham \$4.50  
turkey sausage \$3.50  
eggs \$3

croissant \$4  
bagel \$3  
bagel + cream cheese \$4

potatoes \$3  
toast or english muffin \$3  
fruit or yogurt \$3

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house rules:  
be considerate  
be patient  
play nice  
wait your turn  
have fun  
wash your hands  
peace out

Lunch served  
11am-2:30 wednesday-sunday

**burgers**

- |  |  |
|--|--|
| american burger \$9  | smokey bbq burger \$11<br>smoked provolone/bbq/crispy fried onions |
| cheeseburger \$10  | black bean burger \$9<br>avocado/salsa/not GF                      |
| mushroom + onion + swiss burger \$11                       | portabello mushroom burger \$9<br>meatless!                        |
| southwest burger \$11.50<br>jack/green chile/avocado/salsa | salmon burger \$12<br>wild & pattied/not GF                        |
| chipotle bleu bacon burger \$12<br>turkey bacon            |  |

- served with mayo & dijon mustard with lettuce/tomato/red onion & pickle
- served with choice of side

**more hot stuff**

- |   |  |
|---|--|
| turkey rueben turkey/sauerkraut/swiss/creamy \$11<br>russian/dijon/rye              | grilled veggie wrap zucchini/portabello/ \$9<br>onion/red pepper/dill havarti  |
| house grilled cheese dill havarti/tomatoes/ \$8.50<br>dijon/mustard/choice of bread | chicken florentine wrap chicken/ \$9.50<br>mushrooms/spinach/tomatoes/parmesan |
| grilled ham & cheese ham/cheddar/dijon/ \$10<br>sourdough                           | •wraps served with roasted garlic mayo<br>tomato basic tortilla                |

- served with choice of side

**deli sammies**

- |  |                                     |
|--|-------------------------------------|
| turkey breast or smoked ham \$9.50                             | curry cashew chicken \$9            |
| veggie \$8.50<br>hummus/avocado/carrot/cucumber/tomato/sprouts | albacore tuna \$9<br>*contains nuts |

- choice of bread: twelve-grain, buttermilk, rye, sourdough, ezekiel substitute croissant + \$1
- add avocado \$1 •add cheese \$1
- served with choice of side

**sides**

- potato salad coleslaw potato wedges  
black bean salad fresh fruit
- sub a cup of soup +1
  - sub a green salad \$2
  - side of dressing 50¢

## the salads

salmon salad \$12

wild salmon/greens/pine nuts/salad veggies/citrus vinaigrette

salade niçoise \$10.50

albacore tuna/green beans/greens/olives/egg/salad veggies/  
greens/anchovy vinaigrette

balsamic bleu \$9

sun-dried tomatoes/dried cranberries/bleu cheese/ praline  
pecans/salad veggies/greens/balsamic vinaigrette

curry cashew chicken salad \$9

greens/salad veggies/choice of dressing

caesar salad \$8

greens/croutons/caesar dressing

spinach waldorf salad \$9

spinach/greens/apples/raisins/walnuts/salad veggies/  
honey mustard dressing

greek salad \$10

greens/feta/kalamata olives/artichoke hearts/  
pepperoncini/egg/salad veggies/garlic feta dressing

chef's salad \$11

turkey/ham/swiss/egg/greens/salad veggies/  
herbed buttermilk dressing

albacore tuna salad \$9

tuna salad with dill+apples+walnuts/greens/ salad  
veggies/choice of dressing

•served with baguette slice. extra baguette + 50¢

•extra dressing + 50¢

•add to any salad:

wild salmon \$4.50 grilled chicken breast \$2.50 hard boiled egg \$1

albacore tuna \$2.50 grilled balsamic portabello mushroom \$2.50

## more lunch goodies

veggie quiche + green salad \$10

mixed veggie quiche \$5.50

bowl of soup + veggie quiche \$10

green salad \$5

green salad + bowl of soup \$9.50

bowl of soup \$5

half deli sandwich + cup of soup \$8.50

cup of soup \$4

•house dressings:

garlic feta, citrus vinaigrette, caesar, honey mustard, balsamic vinaigrette, herbed buttermilk,  
honey mustard, pomegranate vinaigrette, anchovy vinaigrette, bleu cheese

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