

Breakfast

Yogurt Parfait <i>assorted flavors</i>	3.50
Granola with Yogurt and Honey	3.50
Fresh Pastry	2.80
Bagel <i>assorted flavors</i>	1.25
<i>with cream cheese or natural peanut butter</i>	2.50
<i>with butter</i>	1.75
<i>with smoked salmon, capers and onion</i>	6.50

Salads

Classic Caesar Salad	7.00
<i>with house-made dressing and croutons</i>	
Cobb Salad	8.50
<i>Spinach, romaine, bacon, egg, red onion, avocado and blue cheese with honey mustard vinaigrette</i>	
Winter Veggie Salad	8.50
<i>Sautéed kale, mushrooms, shallots, roasted red pepper and greens with balsamic vinaigrette</i>	
<i>Add all natural chicken breast to any salad</i>	2.50

Soup of the Day	5.75
Vegetarian Chili	5.50

Small Hands Meal <i>age 12 and under</i>	5.50
<i>includes choice of sandwich served on sliced French bread with organic juice or milk and carrots. Choose from:</i>	

- Peanut Butter and Jelly, Honey or Banana
- Turkey and Jack Cheese • Tuna • Grilled Cheese

Sandwiches

Honey Dijon Turkey SERVED HOT OR COLD	7.50
<i>Natural turkey breast and jack cheese, with honey spice mustard, mayo and greens on whole wheat sourdough toast</i>	
Park Club	8.75
<i>Natural turkey breast, ham, bacon and avocado, honey spice mustard, mayo and greens on whole wheat sourdough toast</i>	
Crissy Tuna Melt	8.00
<i>with olive oil, lemon, sun dried tomato, olives, artichokes, and herbs on whole wheat sourdough</i>	
Winter Veggie Sandwich	7.50
<i>Sauteed shallots, kale, mushrooms and roasted red pepper with hummus and spinach on baguette</i>	
Sliced Egg Sandwich	6.50
<i>with mayo and fresh spinach on baguette. Add bacon 1.00</i>	
Ham and Cheese	8.00
<i>with honey spice mustard, mayo and greens on baguette</i>	
Grilled Cheese Combo	8.50
<i>Grilled cheese sandwich and soup or small tossed salad</i>	

Sweet Endings

Organic Frozen Yogurt <i>cup or cone</i>	3.50	<i>large cup</i>	4.00
<i>add chocolate sauce, whipped cream, nuts, fresh fruit, granola, cookie bits, marshmallow, mini chocolate chips, chocolate sprinkles, espresso or any natural flavor</i>	<i>each</i>	.75	
Root Beer Float			4.00
Fresh Baked Cookie			1.75
Brownie			2.00

Hot Beverages

	<i>small</i>	<i>large</i>
Coffee	1.65	1.95
Coffee Refill	1.25	1.50
Hot Chocolate	3.50	4.00
Steamed Milk	1.50	1.75
Hot Tea		2.00

Cold Beverages

	<i>small</i>	<i>large</i>
Fresh Lemonade	2.75	3.25
Iced Tea	2.50	2.75
Orange or Apple Juice		3.00
Bottled Water		1.50
Sparkling Water		1.75
Purity Drinks		2.75
Sparkling Juice		1.75
Italian Soda		3.00
French Soda <i>(with cream)</i>		3.50
Milk		1.75
Kid's Milk or Juice	1.25	

Ice-Blended Drinks

	<i>16 oz</i>	<i>20 oz</i>
Blended Latte	4.00	4.75
Blended Hot Chocolate	4.15	4.85
Blended Chai Latte	4.15	4.85
Blended Mocha	4.15	4.85
Blended Caramel Mocha	4.15	4.85

Espresso

	<i>single</i>	<i>double</i>
Espresso	2.00	2.35
Americano	2.00	2.50
Latte	3.00	3.50
Cappuccino	2.85	3.00
Mocha	3.50	4.00
Café au Lait	2.50	3.10
Chai Latte	3.00	3.50
Macchiato	2.00	2.50

extra espresso shot .60 natural flavor shot .60

Shakes & Smoothies

	<i>16 oz</i>	<i>20 oz</i>
Strawberry Sunrise Smoothie	4.85	5.25
<i>strawberries, banana, orange juice, cranberry juice</i>		
Apple-a-Day Smoothie	4.85	5.25
<i>whole apple with skin, banana, raspberry juice</i>		
The Elvis Smoothie	4.85	5.25
<i>peanut butter, banana, milk</i>		
Chocolate Elvis Smoothie	4.85	5.25
<i>The Elvis with chocolate</i>		
		<i>Add protein, peanut butter, tahini or natural flavor shot .60</i>
Fresh Milk Shakes	4.85	5.25

Made with organic frozen yogurt and whipped cream. Flavored with your choice of: vanilla, chocolate, peanut butter, espresso, fresh fruit, or any of our natural flavor syrups