



sandwiches

\$7.95

SPICED CHICKEN

roast chicken, provolone, almond pesto & arugula on ciabatta roll

GOLDEN GRILLED CHEESE

assorted cheeses on golden toasted bioche bread
VGT

BAVARIAN HAM

black forest ham, swiss, lettuce & dijonnaise on pretzel roll

FRIED EGG BLT

fried egg, bacon, tomato, red leaf lettuce & roasted garlic-parmesan aioli on a ciabatta bun

MEDITERRANEAN

marinated grilled eggplant, smoked hummus, tomato confit, grilled zucchini, roasted peppers, arugula, chevre & basil aioli on a ciabatta roll VGT

PHILLY CHEESE STEAK

with grilled onions & white cheddar on a French roll

baguettes

\$7.50

BRIE & APPLE

double creme brie & crisp green apple VGT

ITALIAN DRY SALAMI

Jarlsberg, lettuce, Roma tomatoes & dijonnaise

OVEN ROASTED TURKEY BREAST

Havarti, lettuce, Roma tomatoes & dijonnaise

wraps

\$7.95

CHICKEN CAESAR

blackened chicken with romaine, grana, & housemade Caesar dressing, wrapped in a flour tortilla

SRIRACHA TOFU

baked tofu, Napa cabbage, carrots & ginger with soy-sesame & Sriracha dressing, wrapped in a flour tortilla V

entrees

MESQUITE SALMON & CORN PASTA

with orecchiette pasta, roasted corn, mozzarella, and fresh basil

BLACK BEAN & CHICKPEA CAKES BOWL

spice-grilled with napa cabbage-apple-chayote slaw, julienne carrots, pickled jalapenos, toasted pepitas & a maple-chili dressing

SEDONA VEGETABLE BOWL

savory heirloom bean and quinoa protein bowl with grilled corn, napa cabbage, piquillo peppers, tomatoes, pickled red onions, cilantro & a smoked jalapeno-agave dressing

soups

Cup \$3.95 | Bowl \$4.95

TOMATO BISQUE

with fresh herbs

WEEKLY ROTATIONAL

ask us about this week's soup!

salads

\$7.50 - 8.95

CHICKEN CAESAR

romaine, blackened chicken breast, Caesar dressing, parmesan & herbed croutons (available on the side)

PEPITA CRUSTED SALMON

crusted salmon on mixed greens with tomatoes, cucumbers and cilantro lime vinaigrette GF

SIGNATURE COBB

bacon, chicken, blue cheese & cherry tomatoes over romaine & creamy sherry vinaigrette GF

AEGEAN GREEK

romaine, feta, cucumber, olives, cherry tomatoes, shaved fennel & onion, and red wine vinaigrette VGT

GOURMONDO

mixed greens, Roquefort blue cheese, candied walnuts, pears & sherry vinaigrette VGT

ASIAN CHICKEN

mixed greens with grilled chicken breast, pear marinated orange sections, bell peppers, sugar snap peas, crispy wontons & soy sesame vinaigrette

SOBA NOODLE SALAD

soy-ginger soba noodles, shiitake mushrooms, zucchini, bell peppers, carrots, red onion, & pickled ginger V

BARCELONA

grilled carne asada, romaine, jicama, black beans, roasted corn, cilantro, red onions, tomatoes & chipotle ranch dressing GF

DAILY
ROTATING
SPECIALS

Make sure to ask
the barista for the
specials of the day