



BREAKFAST SANDWICHES

BACON, EGG & CHEESE CROISSANT • \$8.75

PORK, EGG & CHEESE CUBAN • \$8.75

SAUSAGE, EGG & CHEESE CUBAN • \$8.75

HAM, EGG & CHEESE BAGEL • \$8.75

Monterey Jack • Swiss • Cheddar

Gluten Free Toast • On Request

AVOCADO TOAST • \$8

Olive Oil • Tomato • Celery Salt

Gluten Free • + \$1.5

BAGEL \$4 Plain • Everything • Cinnamon Raisin

Cream Cheese \$1.75

YOGURT PARFAIT • \$7

Berries • Granola • Yogurt

GF OATMEAL \$5 • FRUIT CUP \$5

GLUTEN FREE WAFFLES \$8

WITH MAPLE SYRUP & BUTTER

TOPPINGS • \$1.5

BLUEBERRIES • STRAWBERRIES • WHIPPED CREAM

NUTELLA • PEANUT BUTTER • BANANAS

FROM THE BAKERY

Crossiant \$3.75 • Chocolate Croissant \$4.25

Ham & Swiss Croissant \$5.75

Assorted Muffins \$5 • Pound Cake Slice \$4.5

Fresh Baked Cookie \$2.75

LOCAL ROASTED KAHWA COFFEE

	12 Oz	20 Oz	Iced 16 Oz
REGULAR	3.00	3.75	
DECAF	3.00	3.75	
COLD BREW			4.50
	Single	Double	Iced
ESPRESSO	3.50	4.50	
MACCHIATO	4.00	5.00	
CAPPUCCINO	4.25	5.25	
LATTE	4.25	5.25	4.95
AMERICANO	3.25	4.25	4.50
CHAI TEA LATTE	4.50	5.50	4.95
HOT CHOCOLATE	4.00	4.95	

ADD A SHOT \$1.00 • OAT • ALMOND • SOY MILK .95
 CARAMEL • MOCHA • HAZELNUT • VANILLA .95



SOFT SERVE ICE CREAM

VANILLA • CHOCOLATE - OR - MAKE IT A TWIST

CUP REGULAR \$5.5 | LARGE \$8 | AFFOGATO \$6.5

TOPPINGS \$1.5 - CHOCOLATE • CARAMEL • OREO

M & M'S • REESE'S PIECES • RAINBOW SPRINKLES

CAKE CONE \$4.50 | WAFFLE CONE \$5.50

MILKSHAKES \$7.95

CHOCOLATE • VANILLA

STRAWBERRY • BANANA • BLUEBERRY

FRUIT & YOGURT SMOOTHIES \$7.95 EACH

MIXED BERRIES

BLUEBERRY, STRAWBERRY, BLACKBERRY,
RASPBERRY, GREEK YOGURT, AGAVE

CHOCOLATE MONKEY

ALMOND MILK, DARK CHOCOLATE,
BANANA, PEANUT BUTTER, GREEK YOGURT

GREEN DREAM

SPINACH, ORANGE JUICE, GREEK YOGURT, AGAVE

THE FLASH

COLD BREW, BANANAS, ALMOND MILK

DREAMSICLE

ORANGE JUICE, VANILLA SOFT SERVE

HALEY'S COMET

PEANUT BUTTER, BANANA, ALMOND MILK, VANILLA SOFT SERVE

JUMPING JOHNNY

STRAWBERRIES, BANANA, GREEK YOGURT
ORANGE JUICE, AGAVE

ADD WHEY PROTEIN - VEGAN PROTEIN - \$2

ICE BAG \$2



MIMOSA - SM \$7.5 - LG \$12

WINE BY THE GLASS - \$7

PROSECCO, CHARDONNAY, PINOT GRIGIO
PINOT NOIR, CABERNET SAUVIGNON, MERLOT

KOMBUCHA \$6 - BEER ON TAP \$7

FRESH SALADS

THE BURG SALAD \$14.5

ROMAINE, TOMATOES, GREEN OLIVES,
SLICED HAM & SWISS, BALSAMIC DRESSING

TURKEY SPINACH SALAD \$14

STRAWBERRIES, SUNFLOWER SEEDS,
FETA CHEESE, POPPYSEED DRESSING

CAESAR CHICKEN SALAD \$14.5

CHICKEN SALAD, ROMAINE, CROUTONS,
PARMESAN, CAESAR DRESSING

SALAD - SMALL \$8 OR LARGE \$11

CHOOSE - ROMAINE OR SPINACH
DRESSINGS - BALSAMIC - CAESAR - POPPY SEED

ICED BLACK OR GREEN TEA, LEMONADE \$3.75



ACAI BOWLS

THE NANCY - \$14

BLUEBERRY, BANANA, STRAWBERRY, GRANOLA, AGAVE

THE STEVE - \$14

BANANA, COCONUT, SLICED ALMONDS, PEANUT BUTTER, HONEY

NAME YOUR BOWL - \$12

CHOOSE OF 3 TOPPINGS OF YOUR CHOICE:

STRAWBERRIES, BLUEBERRIES, BANANAS, HONEY,
SHAVED ALMONDS, SHREDDED COCONUT,
GRANOLA, PEANUT BUTTER, AGAVE

ADD EXTRA TOPPINGS - \$1.5

CUSTOM SANDWICHES

PRESSED CUBAN \$13

PORK, HAM, SWISS CHEESE, PICKLES, MUSTARD, MAYO

FRENCH DIP \$14.5

ONION ROLL, ROAST BEEF, SWISS, HORSEY SAUCE, AU JUS

TURKEY CHEDDAR \$12

CRANBERRY CHUTNEY, LETTUCE, TOMATO

HAM & CHEESE WRAP \$12

CHEDDAR, TOMATO, LETTUCE, CHIPOTLE SPREAD

VEGGIE WRAP \$11

ROMAINE, AVOCADO, TOMATO, ONION, FETA, BALSAMIC

CHICKEN SALAD CROISSANT \$11

LETTUCE, TOMATO

SPINACH WRAP & GF WRAP ON REQUEST

POTATO SALAD \$3.95 - CHIPS \$2.5

PESTO CAPRESE FLATBREAD \$15



ALL NATURAL BEEF DOGS 1/4 LB

BEACH DOG \$8.75

RELISH, ONION, TOMATO, PEPPERS, MUSTARD, CELERY SALT

CHILI CHEDDAR CHEESE DOG \$9.95

PLAIN DOG \$7.25

SOUP OF DAY OR CHILI

CUP \$6.75 | BOWL \$9.25

GIFT CARDS AVAILABLE

FRUIT & YOGURT SMOOTHIES \$7.5 EACH

MIXED BERRIES

BLUEBERRY, STRAWBERRY, BLACKBERRY,
RASPBERRY, GREEK YOGURT, AGAVE

CHOCOLATE MONKEY

ALMOND MILK, DARK CHOCOLATE,
BANANA, PEANUT BUTTER, GREEK YOGURT

GREEN DREAM

SPINACH, ORANGE JUICE, GREEK YOGURT, AGAVE

THE FLASH

COLD BREW, BANANAS, ALMOND MILK

DREAMSICLE

ORANGE JUICE, VANILLA SOFT SERVE

BERRY BEET

APPLE, BEET, BLUEBERRY, CARROT,
SWEET POTATO

CITRUS CARROT

CARROT, MANGO, APPLE, PINEAPPLE

ADD WHEY PROTEIN - VEGAN PROTEIN - \$2



MIMOSA - SM \$6 - LG \$9

WINE BY THE GLASS - \$6

PROSECCO, CHARDONNAY, PINOT GRIGIO
PINOT NOIR, CABERNET SAUVIGNON, MERLOT

KOMBUCHA & BEER ON TAP \$4