

BREAKFAST

BREAKFAST HANDPIES - \$4.75

sausage or veggie filled with potatoes, red peppers, sour cream, and salsa

BINGEN BASIL BAGEL - \$5.00

cream cheese, tomatoes, and basil

BAGEL & CREAM CHEESE - \$3.50

asaigo, everything or plain

AVOCADO TOAST - \$4.75

feta & cherry tomatoes

BREAKFAST BAGEL - \$6.00

egg, bacon, cheddar & house made aioli

YOGURT & GRANOLA PARFAIT - \$4.50

honey-vanilla Greek yogurt with fresh berries & housemade granola

ACAI BOWL - \$4.75

served with honey, shaved coconut & homemade granola

QUICHE - \$4.50

Ask Server for Today's Special

BREAKFAST BURRITO - build your own - \$6.25

Includes egg, cheese and seasonings wrapped in a grilled tortilla with hot OR mild sauce and 3 veggies of your choice below:

- *Spinach *Onions
- *Red Peppers *Hot Peppers
- *Mushrooms *Zucchini *Tomatoes

Bacon, Prosciutto, or Sausage(Hot or Veggie) add \$1-

~FRESH BAKED MUFFINS AND PASTRIES~
daily gluten free muffin varieties too

~GLUTEN FREE BREAD - ADD \$1.00~

LUNCH

GRILLED PANINI SANDWICHES - \$9.25

served with choice of chips or arugula salad

CAPRESE PANINI

tomato, basil, mozzarella, pesto, balsamic

ITALIAN CLUB PANINI

ham, salami, pepperoni, tomato, red onion
provolone, pepperoncini, pesto aioli

TURKEY PANINI

turkey, cream cheese, cranberry, swiss cheese

PROVINCIAL PANINI

turkey, brie, pear, pesto

GOOD SEED SANDWICH

organic greens, tomato, cucumber, hummus

* ADD SOUP or SPECIAL SALAD for \$2.50

BAGEL SAMMIES - \$6.75

The BOB

ham, swiss, tomato, greens, dijon mustard

The BUFORD

turkey, cheddar, tomato, greens, cream cheese

The RUE

sunflower seeds, cucumber, tomato, greens, cream cheese

SOUPS & SALADS

SOUP OF THE DAY - \$7.25

served with garlic flat bread

SPECIAL SALAD OF THE DAY - \$8.50

SOUP & SALAD - \$9.95

KIDS LUNCH - \$6.00

GRILLED CHEESE - with chips or carrots
PEANUT BUTTER & JELLY - with chips or carrots

~GLUTEN FREE BREAD - ADD \$1.00~

DRINKS

MUGSHOT \$2.50

MACCHIATO \$2.75

	8oz	12oz	16oz	20oz
AMERICANO	\$2.75	\$3.00	\$3.25	\$3.75
CAPPUCCINO	\$3.00	\$3.75	\$4.00	N/A
LATTE	\$3.00	\$3.75	\$4.00	\$4.50
MOCHA	\$3.50	\$4.00	\$4.50	\$5.00

DRIP \$2.00 \$2.50 \$2.75 \$3.00

CHAI	\$3.25	\$3.50	\$3.75	\$4.00
COCOA	\$3.00	\$3.50	\$4.00	\$4.50
TEA HOT				\$2.75
TEA ICED	---	---	\$2.75	\$3.00

SMOOTHIES	---	\$4.25	\$4.50	\$5.00
~ PINEAPPLE COCONUT				
~ VERY BERRY				
~ DOUBLE FUDGE MOCHA				
~ WHITE CHOCOLATE				

* FLAVORS \$0.50 \$0.50 \$0.50 \$0.50

* ADD A SHOT \$0.75 each

~ASK US ABOUT WEEKLY SPECIALS~
~BEER & WINE~