

FOOD

NEW YORK BAGEL + SCHMEAR 3.50

PLAIN - EVERYTHING
FRENCH TOAST
GLUTEN FREE WRAP (+.50)

PLAIN - CINNAMON SUGAR
GARDEN - SRIRACHA

PROTEIN 12 GRAMS NET CARBS 29- 36 GRAMS CALORIES 490 - 560

1/2 DOZEN BAGEL BOX 14.00

PICK YOUR BAGELS FROM ABOVE + A FLAVOR OF SCHMEAR (8 OZ)

DOZEN BAGEL BOX 20.00

PICK YOUR BAGELS FROM ABOVE + TWO SCHMEARS (8 OZ EA)

SANDWICHES

BREAKFAST BAGEL 7.00

FARM-FRESH EGG + CHEDDAR + SPINACH + TOMATO + SCHMEAR

PICK YOUR PROTEIN: BACON - CANADIAN BACON - SAUSAGE- TURKEY

PROTEIN 24- 32 GRAMS NET CARBS 38 GRAMS CALORIES 590 - 660

TUSCAN BAGEL 7.50

TURKEY + ARUGULA + TOMATO + PARMESAN + PESTO + BALSAMIC VINAIGRETTE

PROTEIN 25 GRAMS NET CARBS 38 GRAMS CALORIES 690

CAPRI BAGEL 7.00

BUFFALO MOZZARELLA + SPINACH + TOMATO + BALSAMIC VINAIGRETTE + BASIL

PROTEIN 18 GRAMS NET CARBS 38 GRAMS CALORIES 640

VEGGIE BAGEL 7.00

HUMMUS + CUCUMBER + ARUGULA + SPINACH + TOMATO + PICKLED RED ONION

PROTEIN 12 GRAMS NET CARBS 40 GRAMS CALORIES 540

V

MORE

THREE EGG SCRAMBLE 7.00

FARM-FRESH EGGS + CHEDDAR + SPINACH + TOMATO + PICKLED RED ONION

PICK YOUR PROTEIN: BACON - CANADIAN BACON - SAUSAGE- TURKEY

PROTEIN 32- 35 GRAMS NET CARBS 3.5 GRAMS CALORIES 407-530

GF

WARM QUINOA BOWL 7.00

TOASTED QUINOA + BLACK BEANS + ARUGULA + TOMATO + PICKLED RED ONION

PROTEIN 28 GRAMS NET CARBS 70 GRAMS CALORIES 548

GF | DF | V

CAPRI SALAD 7.00

BUFFALO MOZZARELLA + SPINACH + TOMATO + BALSAMIC VINAIGRETTE + BASIL

PROTEIN 18 GRAMS NET CARBS 38 GRAMS CALORIES 640

GF

SWEET POTATO HASH 8.00

SWEET POTATO + GREEN APPLE + CHORIZO + BACON + FARM-FRESH EGG

PROTEIN 42 GRAMS NET CARBS 44 GRAMS CALORIES 702

GF | DF

HUMMUS + CHIPS 5.00

HUMMUS + BAGEL CHIPS OR VEGGIE STICKS

PROTEIN 9 GRAMS NET CARBS 8 GRAMS CALORIES 220- 360

V | DF

SOUP 6.00

WE'RE ALWAYS CHANGING IT UP, ASK ABOUT TODAY'S OFFERING

DIETARY RESTRICTIONS VARY

BAKED APPLE + GRANOLA 5.00

GREEN APPLE + HONEY DRIZZLE + JO'S GRANOLA

PROTEIN 5 GRAMS NET CARBS 26 GRAMS CALORIES 225

GF | DF

EGG SALAD WRAPS 7.50

FARM-FRESH EGG SALAD + TOMATO + ROMAINE HEARTS

PROTEIN 30 GRAMS NET CARBS 6 GRAMS CALORIES 310

GF

DF - Dairy Free

GF - Gluten Free

V - Vegan

DRINK

ESPRESSO

ALL DRINKS ARE AVAILABLE HOT OR ICED - TAKE YOUR PICK

	12 OZ	16 OZ	20 OZ
AMELIA ESPRESSO + OAT MILK + SALTED CARAMEL	\$4.10	\$4.70	\$5.30
AMERICANO ESPRESSO + WATER + FLAVOR (ADDITIONAL)	\$3.20	\$3.70	\$4.20
BIANCA ESPRESSO + COCONUT MILK + HAZELNUT + WHITE CHOCOLATE	\$4.10	\$4.70	\$5.30
CAPPUCCINO ESPRESSO + FOAM + MILK + FLAVOR (ADDITIONAL)	\$3.60	\$4.20	\$4.80
COLD BREW BREWED FOR 24 HOURS	\$3.95	\$4.25	\$4.55
CREME BRULEE CAPPUCCINO ESPRESSO + FOAM + MILK + TOASTED SUGAR CRUST	\$3.60	\$4.20	\$4.80
DRIP COFFEE BREWED FRESH EVERY 45 MINUTES	\$2.30	\$2.80	\$3.20
LATTE ESPRESSO + MILK + FLAVOR (ADDITIONAL)	\$3.60	\$4.20	\$4.80
MOCHA ESPRESSO + MILK + CHOCOLATE	\$4.10	\$4.70	\$5.30

MAKE IT YOUR OWN

FLAVOR \$.50

CARAMEL - HAZELNUT
HONEY GRAHAM - LAVENDER
MOCHA - SALTED CARAMEL
VANILLA - SF VANILLA
TOASTED MAPLE PECAN
WHITE CHOCOLATE

MILK \$.75

ALMOND - BREVE
COCONUT - OAT

ADDITIONAL

ESPRESSO SHOTS + 1.00
STROOPWAFEL + 1.00
PROTEIN + .50

TEA

TEA BLACK LIMON - BLUEBERRY HIBISCUS- CHAMOMILE MEDLEY - EARL GREY JADE CLOUD - JASMINE - PEPPERMINT SAGE - TURMERIC GINGER	\$2.50	\$2.75	\$3.25
COLD BUSTER JADE CLOUD + PEPPERMINT SAGE + WATER + LEMONADE	\$3.25	\$3.50	\$3.75
TEA LATTE CHOICE OF TEA + MILK + VANILLA	\$4.10	\$4.45	\$4.95
CHAI LATTE MAKE IT DIRTY +\$1.00	\$4.10	\$4.45	\$4.95
TURMERIC LATTE MILK + TURMERIC + GINGER + CINNAMON + LEMONGRASS + BLACK PEPPER	\$4.10	\$4.45	\$4.95
LONDON FOG EARL GREY + MILK + VANILLA	\$4.10	\$4.45	\$4.95

AND THEN....

HOT CHOCOLATE ADD TOASTED MARSHMALLOWS + \$1.00	\$3.00	\$3.45	\$3.95
STEAMER ADD TOASTED MARSHMALLOWS + \$1.00	\$3.00	\$3.45	\$3.95
LEMONADE ADD A FLAVOR +.50 LAVENDER - RASPBERRY - JALAPENO CUCUMBER	\$3.00	\$3.45	\$3.95
EMERALD JUICE KALE + SPINACH + CELERY + CUCUMBER + LEMON + GINGER + APPLE + PINEAPPLE VITAMIN C 325% POTASSIUM 320% IRON 95% VITAMIN A 210% MAGNESIUM 46 GRAMS	\$7.00		
RUBY JUICE BEET + CELERY + CUCUMBER + LEMON + GINGER + APPLE VITAMIN C 305% PHYTONUTRIENTS 115%	\$7.00		