

FOOD

BAGEL + SPREAD 3.75

BLUEBERRY (SEASONAL)
EVERYTHING
FRENCH TOAST
PLAIN
GLUTEN-FREE WRAP

BUTTER
CINNAMON SUGAR
GARDEN
HUMMUS
LEMON CHEESECAKE
PLAIN
SRIRACHA

PROTEIN 12 GRAMS NET CARBS 29- 36 GRAMS CALORIES 490 - 560
SELLABLE BY HALF AND FULL DOZEN

SANDWICHES

EACH ADDITIONAL VEGGIES OR ADD SALSA +0.25

BREAKFAST BAGEL 7.50

FRIED EGG + CHEDDAR + SPINACH + TOMATO + SPREAD

PICK YOUR PROTEIN: BACON - CANADIAN BACON - SAUSAGE- TURKEY
PROTEIN 24- 32 GRAMS NET CARBS 38 GRAMS CALORIES 590 - 660

GRIDDLE BAGEL 7.50

FRIED EGG + CHEDDAR + SAUSAGE + FRENCH TOAST BAGEL + MAPLE SYRUP
PROTEIN 24- 32 GRAMS NET CARBS 38 GRAMS CALORIES 590 - 660

TUSCAN BAGEL 8.00

TURKEY + ARUGULA + TOMATO + PARMESAN + PESTO + BALSAMIC VINAIGRETTE
PROTEIN 25 GRAMS NET CARBS 38 GRAMS CALORIES 690

CAPRI BAGEL 7.50

BUFFALO MOZZARELLA + SPINACH + TOMATO + BALSAMIC VINAIGRETTE + BASIL
PROTEIN 18 GRAMS NET CARBS 38 GRAMS CALORIES 640

VEGGIE BAGEL 7.50

HUMMUS + CUCUMBER + ARUGULA + SPINACH + TOMATO + PICKLED RED ONION
PROTEIN 12 GRAMS NET CARBS 40 GRAMS CALORIES 540
V

SALADS AND BOWLS

EACH ADDITIONAL VEGGIES OR ADD SALSA +0.25

THREE EGG SCRAMBLE 7.50

EGGS + CHEDDAR + SPINACH + TOMATO + PICKLED RED ONION

PICK YOUR PROTEIN: BACON - SAUSAGE - TURKEY
PROTEIN 32- 35 GRAMS NET CARBS 3.5 GRAMS CALORIES 407-530
GF

CAPRI SALAD 7.00

BUFFALO MOZZARELLA + SPINACH + TOMATO + BALSAMIC VINAIGRETTE + BASIL
PROTEIN 18 GRAMS NET CARBS 38 GRAMS CALORIES 640
GF

BLACKBERRY TURKEY SALAD 7.50

ARUGULA + TURKEY + PECANS + GOLDEN RAISINS + SUNFLOWER SEEDS +

HONEY BLACKBERRY DRESSING
PROTEIN 18 GRAMS NET CARBS 38 GRAMS CALORIES 640
GF | DF

HUMMUS + CHIPS 5.00

HUMMUS + BAGEL CHIPS OR VEGGIE STICKS
PROTEIN 9 GRAMS NET CARBS 8 GRAMS CALORIES 220- 360
V | DF

CUCUMBER CANOES 5.50

6 CUCUMBERS CANOES FILLED WITH GARDEN SPREAD
PROTEIN 9 GRAMS NET CARBS 8 GRAMS CALORIES 220- 360
GF | DF

BLACKBERRY PARFAIT 5.50

ROASTED BLACKBERRIES + GREEK YOGURT + JO'S GRANOLA
PROTEIN 9 GRAMS NET CARBS 8 GRAMS CALORIES 220- 360
GF

APPLE NACHOS 5.50

GREEN APPLE + HONEY DRIZZLE + JO'S GRANOLA
PROTEIN 5 GRAMS NET CARBS 26 GRAMS CALORIES 225
GF | DF

DF - Dairy Free GF - Gluten Free V - Vegan



DRINKS

COFFEE + ESPRESSO

MOST DRINKS ARE AVAILABLE HOT OR ICED

	12 oz	16oz	20 oz
AMELIA ESPRESSO + OAT MILK + SALTED CARAMEL	5.10	5.70	6.30
AMERICANO ESPRESSO + WATER + FLAVOR (ADDITIONAL)	3.20	3.70	4.20
BIANCA ESPRESSO + COCONUT MILK + HAZELNUT + WHITE CHOCOLATE	4.75	5.25	5.75
CARAMEL MACCHIATO MILK + CARAMEL + VANILLA + ESPRESSO ON TOP	4.75	5.25	5.75
COLD BREW BREWED SLOW FOR 24 HOURS	3.95	4.25	4.55
CREME BRULEE CAPPUCCINO ESPRESSO + FOAM + MILK + TOASTED SUGAR CRUST (HOT ONLY)	4.50	4.75	5.00
DOROTHY ESPRESSO + MILK + MAPLE + ORANGE	4.75	5.25	5.75
DRIP COFFEE OUR TIMPANOGOS IS A MEDIUM BLEND OF BRAZIL AND ETHIOPIA	2.50	2.90	3.30
LATTE ESPRESSO + MILK + FLAVOR (ADDITIONAL COST)	3.60	4.20	4.80

TEA

MOST DRINKS ARE AVAILABLE HOT OR ICED

TEA BLACK LIMON - BLUEBERRY HIBISCUS- CHAMOMILE MEDLEY - EARL GREY JADE CLOUD - JASMINE - PEPPERMINT SAGE - TURMERIC GINGER	2.75	3.00	3.25
COLD BUSTER JADE CLOUD + PEPPERMINT SAGE + WATER + LEMONADE	4.10	4.45	4.90
TEA LATTE CHOICE OF TEA + MILK + VANILLA	4.10	4.45	4.95
CHAI LATTE MAKE IT DIRTY +\$1.00	5.00	5.40	5.75
TURMERIC LATTE MILK + TURMERIC + GINGER + CINNAMON + LEMONGRASS + BLACK PEPPER	5.00	5.40	5.75
LONDON FOG EARL GREY + MILK + VANILLA	4.10	4.45	4.95

MORE

STEAMER MILK + FLAVOR OF CHOICE	3.00	3.45	3.95
LEMONADE ADD A FLAVOR +0.50 LAVENDER - RASPBERRY - JALAPENO CUCUMBER	3.00	3.45	3.95
EMERALD JUICE KALE + SPINACH + CELERY + CUCUMBER + LEMON + GINGER + GREEN APPLE + PINEAPPLE VITAMIN C 325% POTASSIUM 320% IRON 95% VITAMIN A 210% MAGNESIUM 46 GRAMS	7.00		
RUBY JUICE BEET + CELERY + CUCUMBER + LEMON + GINGER + GREEN APPLE VITAMIN C 305% PHYTONUTRIENTS 115%	7.00		

FLAVORED SYRUPS +0.50

CARAMEL - HAZELNUT-
LAVENDER - MOCHA -
SALTED CARAMEL -
WHITE CHOCOLATE -
VANILLA
SF SMORES - SF VANILLA

ALTERNATE MILK

ALMOND - BREVE
COCONUT +0.75
OAT +1.00

EXTRA

ADDITIONAL ESPRESSO
SHOTS +1.00
PROTEIN +1.00

