

# Toast

## Avocado Bacon & Egg | 12

One egg your way\*, crispy bacon, & smashed avocado served on our grilled housemade bread.

## Avocado Balsamic Tomato | 12

Smashed avocado with grape tomatoes, arugula, pickled red onions and drizzled with balsamic glaze on our grilled housemade bread.

# Eggs

Served with your choice of:

- Toast or grilled Bulkie roll with jam & plant based buttery spread
- Blueberry muffin
- Citrus arugula salad
- Home Fries (+1)

## THREE EGG\* OMELETTE

### **Southwest** | 15

Bacon, cheddar or dairy free cheese, sautéed garlic spinach, smashed avocado & fresh pico de gallo.

### **Pork & Potato Omelette** | 16

Cheddar or Dairy Free cheese, pico de gallo, home fries, and roasted pork, finished with a drizzle of chipotle aioli.

## THE TRADITIONAL | 9

2 eggs\* your style, bacon or apple & sage sausage\*

# In Addition....

Home Fries | 6

Housemade Sausage | 5

Bacon (2 slices) | 3

2 Eggs | 3

Side of Toast | 3

Roasted Corn & Chickpea Salad (4 fl oz) | 3

Citrus Arugula Salad | 6

Caesar Side Salad | 4.50

Tomato Basil Soup (8 fl oz) | 7

Deep River Chips | 2

## ANYTIME MENU

EARLY FALL 2024

# Pancakes & French Toast

*Our own recipes served with real maple syrup and plant-based butter. Extra Maple Syrup 1 oz | + 1*

## THE BREAKFAST | 13

Two fluffy pancakes or two triangles of French toast paired with two eggs your style and 2 slices of bacon.  
*Sub: Housemade Sausage | + 3*

## 3 Stack Pancakes | 12

Three fluffy pancakes with plant butter and real maple syrup.  
*Add: 2 slices Bacon & 2 Eggs | + 4.50*

## Just the Toast | 12

Four triangles dipped into cinnamon egg custard and served with plant butter and real maple syrup.

## FLAVOR TOPPINGS

Apple Compote with Oatmeal Crumble  
or  
Chocolate Chips (pancakes only)

The Breakfast | + 2

3 Stack or Just the Toast | + 3

 Turn over for more choices!

# Morning Medley

## THE HANDHELD | 7

Our Bulkie roll with 2 slices of bacon, egg\* your style & choice of cheese.  
Sub: Housemade Sausage\* | + 3  
Add: Home Fries | + 6

## BREAKFAST TACOS | 14

Two soft corn tortillas with scrambled eggs\*, cheddar or dairy free cheese, bacon, pico de gallo, smashed avocado & arugula.

## MONTE CRISTO | 16

Two slices of french toast filled with turkey, ham and Swiss cheese or dairy free. Served with Raspberry sauce for dipping.

## WAKE-UP BOWL | 16

Warm quinoa, roasted red peppers, smashed avocado, corn & chickpea salad, arugula, sliced grape tomatoes served with a sunnyside up egg\* and garlic herb drizzle.  
Add: Bacon | + 3

## Kids Corner

### **Kids Bacon & Eggs | 6**

One scrambled egg with two slices of crispy bacon and a side of diced apples.

### **Kids Pancakes | 6**

Three kids sized pancakes with real maple syrup and plant based butter.

### **Kids French Toast Dippers | 6**

Cut into dip-able fingers and served with real maple syrup.

### **Add on to kids pancakes or French toast**

One scrambled egg & 2 slices crispy bacon +3  
Chocolate Chips (to pancakes) | + 1.50  
Apple Compote with oatmeal crunch | +1.50

### **Kids Grilled Cheese | 5**

Cut into fingers and served with apple chunks.

### **Kids Quesadilla | 5**

Quesadilla with one slice of cheese or dairy free cut into four pieces and served with apple chunks.

Chicken | + 6 Add Bacon | + 3  
Sub Kids Soup | + 3

## The Quesadillas

### PICO QUESADILLA | 16

Crispy chicken\*, cheddar or dairy free cheese, roasted red peppers, smashed avocado & pico de gallo.

### VEGGIE QUESADILLA | 16

Smashed avocado, roasted red peppers, corn & chickpea salad, fresh spinach, pico de gallo with Cheddar cheese or choose Dairy Free for a vegan option.

### CAESAR'S QUESADILLA | 14

A Twist on a classic! Crispy chicken\*, romaine, parmesan, mozzarella, or dairy free, & caesar dressing.

Bacon & Smashed Avocado | + 3.50

## Salads & Bowls

**Add your choice of protein | + 6**

*Tuna Salad with Apples & Scallions*

*Crispy Chicken\* or Honey Buffalo Chicken\**

*Sautéed Chicken\* or Sautéed Honey Buffalo Chicken\**

*Angus Burger\* or Meatball Burger\**

### HONEY'S SPICY CHICKEN BOWL | 15

Quinoa with sweet & spicy chicken\*, arugula, chickpea salad, cucumbers & Garlic Herb Drizzle

### CAESAR SALAD | 10

Romaine, parmesan, mozzarella or dairy free, herbed croutons with Caesar dressing. Served tossed

### HARVEST SALAD | 16

Crisp arugula and quinoa tossed in citrus vinaigrette, loaded with avocado, pickled red onions, dried cranberries, apples, roasted butternut squash, and plant-based feta. Finished with cornbread croutons and a drizzle of maple mustard for the perfect fall bite!

### TOMATO BASIL SOUP

Tomatoes, fresh basil, and veggie stock make this a wonderful side to your sandwich or as a meal on it's own. Topped with cornbread croutons.

Cup | 7      Bowl | 10

### SOUP & SALAD | 12

A cup of soup paired with your choice of our citrus arugula salad or a side Caesar salad.

## The Classics

**Please see all available sides in our  
"In Addition" Section of the menu**

### BLAT | 13

Bacon, lettuce, smashed avocado, mayo & fresh tomato served on our grilled sandwich bread.

Crispy Chicken\* | + 6    Add Turkey or Ham | +3

### CRISPY CHICKEN SANDWICHES | 16

**Crispy Chicken:** Our handbreaded chicken\* served on our grilled house made bulkie roll, mayo, lettuce & tomato, red onion & pickles.

**Honey Buffalo:** Crispy sweet & spicy chicken\* on our bulkie roll, with mayo, lettuce, tomato, pickles & red onion.

### TUNA SANDWICHES | 13

*Our tuna is filled with apples, scallions, red onions and celery and tossed with our housemade dressing.*

**Classic Tuna Sandwich:** Our grilled bulkie roll with mayo, tuna, lettuce & tomato.

**Tuna Melt:** Grilled sandwich bread, cheddar or dairy free cheese.

### THANKSGIVING TURKEY SANDWICH | 14

A savory and satisfying Thanksgiving sandwich filled with tender gravy soaked turkey, cranberry sauce, stuffing and all the holiday flavors in one bite.

Spread with mustard, mayo, and pickled red onions.

### SOUTHWEST TURKEY SANDWICH | 13

Grilled bulkie roll with turkey, smashed avocado, tomato, spinach and chipotle aioli drizzle.

## The Burgers

### THE WISE GUY | 14

Our meatball in burger form! Served on grilled sandwich bread, we melt mozzarella, parmesan, and provolone cheeses, top it with our basil garlic sauce, mayo, lettuce and tomato.

### ANGUS SMASHED BURGER\* | 12

Grilled bulkie roll with lettuce, tomato, pickles and red onion. Choice of spreads.

Add: Cheese | + 1    Add Bacon | + 3

### APPLE BACON BURGER | 14

Our juicy burger stacked with cheddar, crispy bacon, and a sweet twist of apple filling, balanced with red onion and fresh romaine. A flavor combo you won't forget!

## The Melts

**Please see all available sides in our  
"In Addition" Section of the menu**

### MEATBALL PANINI | 16

Housemade meatballs \*, slow roasted for hours in marinara. Topped with mozzarella, parmesan and provolone cheese or dairy free. Grilled until perfection.

### ITALIAN CHICKEN PANINI\* | 16

Crispy chicken, provolone or dairy free, roasted red peppers, tomato, arugula & drizzled with housemade balsamic glaze.

### BASIL CHICKEN MELT | 13

Tender grilled chicken layered with melted provolone, mozzarella, and parmesan or dairy free, and finished with a savory basil garlic sauce on perfectly toasted bread. A cheesy, flavorful bite of Italy!

### ULTIMATE GRILLED CHEESE | 10

Cheddar, Swiss, Provolone, & Mozzarella or dairy free cheese.

### WINTER GRILLED CHEESE | 12

Roasted butternut squash and garlic spinach nestled between layers of melted swiss, cheddar, mozzarella, provolone and parmesan cheeses or Dairy Free, and topped with a sweet and tangy maple mustard sauce. A cozy, seasonal twist on a classic!

### CLASSIC CUBAN | 16

House roasted pulled pork\* served on grilled sandwich bread, layered with swiss or dairy free cheese, ham, half-sour pickles and drizzled with spicy mustard.

*\*These items are cooked to order and may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.*

Before placing your order, please inform your server if a person in your party has a food allergy.

