

OTHERFOODS

BREADS

Slice of Toast: Whole Wheat or Sourdough	→ \$1.25
Slice of Fancy Toast: Ezekial or Three Cheese la Brea	→ \$1.50
Slice of Gluten Free Toast	→ \$1.70
Best Cinnamon Toast in the South (2 slices)	→ \$3.50
Bagels (Kosher)	→ \$2.25
English Muffins	→ \$2.00

ADD: BUTTER +\$.25 PRESERVES +\$.50 CHEESE +\$.75

BREAKFAST

Fruit Plate (half or full)	→ \$3.00/\$6.00
Wesley's Spicy Cheesy Grits	→ \$3.25
Turkey Spinach Cheesy Grits	→ \$5.75
Cold Cereals	→ \$2.25
Hot Cereals oatmeal or grits	→ \$3.00
Parfait yogurt, granola, strawberries & banana	→ \$4.50
Granola no added fat, sweetened with fruit juice	→ \$3.25
Eggo Waffles comes with 2 waffles & a side of syrup	→ \$3.50
Kashi Blueberry Waffles comes with 2 waffles & a side of syrup	→ \$4.00
Breakfast Burrito potato & egg. served with salsa & a tomato slice	→ \$4.75
Turkey Sausage Breakfast Burrito	→ \$5.25
turkey sausage & egg. served with salsa & a tomato slice	
Salmon Plate smoked salmon, cream cheese, capers & a bagel	→ \$6.50
Heidi's Breakfast Special	→ \$4.50
open faced vegetarian sausage with melted cheese	
All Natural Non-Fat Yogurt vanilla or plain	→ \$2.00

LUNCH

Turkey and Cheese Melt Down served with chips	→ \$6.00
Egg Salad Sandwich served with chips	→ \$4.25
Pimento Cheese Sandwich served with chips	→ \$4.25
Peanut Butter, Banana & Honey	→ \$3.50
Gourmet PB & J	→ \$3.25
peanut butter & all-fruit preserves	
Spinach Salad	→ \$4.25
cherry tomatoes, raisins, sunflower seeds, carrots & italian dressing	
Bagel Sandwich Thing	→ \$3.50
your choice of bagel & cream cheese with tomato & secret sauce	
+fancy cream cheese	→ \$2.25
Veggie Burger: Sunshine, Boca or Oat (homemade Square Foods famous)	→ \$4.50
comes with spinach, tomato & onion. served with chips	
Tuna Melt	→ \$6.00
comes with cheese, tomato, & secret sauce. served with chips	
Amy's Organic Bean & Rice Burrito	→ \$6.50
comes with chips, salsa, & a slice of tomato	
Bowl of Homemade Soup	→ \$4.00
check our board for available soups. served with crackers	

ADD THREE CHEESE LA BREA FOR +\$.50 OR GLUTEN FREE BREAD FOR +\$.75
MAKE ANY DISH A PLATTER WITH CHIPS & A PICKLE +\$1.00

SIDES & TOPPINGS

Plain Cream Cheese	→ +\$.75	Scoop of Egg Salad	→ +\$2.25
Fancy Cream Cheese	+ \$1.00	Scoop of Pimento Cheese	+ \$2.25
Tofutti	→ +\$1.00	Hummus	→ +\$2.25
Sour Cream	→ +\$.50	Hummus & Chips	→ +\$3.50
Brown Rice	→ +\$1.00	Side of Salsa	→ +\$1.25

OTHER DRINKS

OTHER HOT DRINKS	small	large
Hot Chocolate ----->	\$2.50	\$3.00
<i>steamed milk, chocolate, vanilla, & whipped cream</i>		
Steamers ----->	\$2.25	\$3.00
<i>steamed milk with an added flavor</i>		
Soy Steamer ----->	\$2.50	\$3.25
<i>steamed soy with an added flavor</i>		
Spiced Apple Cider (hot or cold) ----->	\$2.25	\$3.00

OTHER COLD DRINKS	small	large
Milk ----->	\$1.25	\$1.50
Chocolate Milk ----->	\$1.50	\$1.75
Soy Milk ----->	\$3.00	\$3.25
Fresh-Squeezed Orange Juice (made in house) ----->	\$2.50	\$3.50
Lemonade ----->	\$2.25	\$3.25
Carrot Juice (freshly juiced, made to order) ----->	\$2.25	\$3.25
Heather's Ale ----->	\$2.75	
<i>a mixture of lemonade & orange juice over ice</i>		
Herbal Fruit Punch ----->	\$2.75	
<i>orange juice, apple juice & our herb tea blend over ice</i>		
French Soda ----->	\$2.50	
<i>milk & your choice of flavor over ice. topped with whipped cream</i>		
Italian Soda ----->	\$2.50	
<i>sparkling water with your choice of flavor</i>		
Italian Cream Soda ----->	\$2.75	
<i>italian soda & half and half. topped with whipped cream</i>		

TEAS	small	large
Chai (made in house from scratch) ----->	\$3.00	\$3.50
<i>black tea with an exotic mix of spices & steamed milk</i>		
Ginger Snap Tea ----->	\$2.75	\$3.25
<i>fresh brewed ginger</i>		
Ginger Lemonade Zinger ----->	\$3.00	\$3.25
<i>steamed blend of ginger tea, lemonade, & red zinger tea</i>		
Pot of Tea ----->	\$1.75	
<i>organic black and green teas or various herbal teas</i>		
Iced Tea ----->	\$1.75	
<i>choose from our peach green, herbal, caffeinated or blended teas. refills -> /\$.75</i>		

STRAWBERRY/BANANA FROZEN SMOOTHIES (20oz)	
Choose 2: [Orange or Apple Juice] & [Milk or Soy] ----->	\$3.50
+Vitamin C Powder ----->	/\$.50
+Protein Powder ----->	/\$1.00
+Yogurt ----->	/\$.60

SPECIALTY BEER \$4	DOMESTIC \$3
/Red Stripe	/Newcastle
/Guinness	/Bluemoon
/Stella Artois	/Ghost River
/Shiner Bock	/Sierra Nevada
/Fat Tire	/Harp
	/Pabst Blue Ribbon
	/Budweiser
	/Bud Lite
	/Yuengling

HAPPY HOUR: MON-THURS, 6-8 PM. HALF OFF ALL BEER

COFFEE

ESPRESSO

	1 shot solo	2 shots doppio
Straight ----- <i>pure espresso</i>	\$1.75	\$2.25
Macchiato ----- <i>Italian for "marked" with frothed milk</i>	\$1.75	\$2.25
Con Panna ----- <i>topped with whipped cream</i>	\$1.75	\$2.75

ESPRESSO DRINKS

	1 shot small	2 shots large	3 shots jumbo
Cafe Latte ----- <i>espresso with steamed milk, crowned with a bit of froth</i>	\$2.75	\$3.00	\$3.55
Cappuccino ----- <i>espresso with equal parts steamed and frothed milk</i>	\$2.75	\$3.00	\$3.55
Jakeiato ----- <i>extra dry cappuccino</i>	\$2.75	\$3.00	\$3.55
Mocha ----- <i>espresso, chocolate, & steamed milk topped with whipped cream</i>	\$3.25	\$3.75	\$4.25
Americano ----- <i>espresso & hot water</i>	\$2.00	\$2.50	\$3.00
Thunderbolt ----- <i>espresso & brewed coffee</i>	\$2.25	\$3.00	\$3.75
Breve ----- <i>espresso with steamed half & half</i>	\$3.00	\$3.50	\$4.00

SUBSTITUTE SOY FOR MILK /\$.50

ADD AN EXTRA SHOT OF ESPRESSO FOR /\$.75

ALL DRINK SIZES: SMALL - 8oz LARGE - 12oz JUMBO - 16oz

BREWED COFFEE

	small	large	jumbo
Coffee of the day (first refill free) ----- <i>each additional</i>	\$1.55 /\$.60	\$2.25 /\$.85	\$2.75 /\$.1.35
Cafe Au Lait ----- <i>refills</i>	\$2.25 /\$.1.00	\$2.75 /\$.1.25	\$3.25 /\$.1.50

ICED COFFEE

	small	large
Regular Brew ----- <i>each additional</i>	\$1.55 /\$.60	\$2.25 /\$.85
Cold Brew ----- <i>"slow" coffee, low acid, mellower coffee concoction</i>	\$2.00	\$3.00
Americano -----	1 shot \$2.00	2 shots \$2.50
Latte -----	\$2.75	\$3.00
Flavored Latte -----	\$3.25	\$3.50
Mocha -----	\$3.25	\$3.75

BLENDED FROZEN DRINKS (20oz)

<i>a secret coffee extract, blended with milk & ice</i>	
Coffee Freeze -----	\$3.50
Mocha Freeze -----	\$3.75
Vanilla Soy Freeze -----	\$3.75
Soy Mocha Freeze -----	\$4.00

ADD A FLAVOR SHOT FOR /\$.50

/Vanilla* /Hazelnut* /Caramel* /Almond /Irish Cream
/Banana /Blackberry /Raspberry /Chocolate

*=sugar free available