

Gluten-Free Breakfast Options

(M-F 7am-6pm, Sat & Sun 8am-6pm)

Disclaimer: we cook with gluten in a small kitchen. All gluten-free options are made without gluten added but cannot be guaranteed 100% GF.

French Toast: 3 slices *Udi's bread soaked in spiced egg batter, topped with our maple-pecan-esspresso butter*
served solo or with either 2 eggs, meat, or both \$8.35/10.45/10.71/12.81

Beef Hash: *our slow-simmered 100% grass-fed beef mixed with grilled potatoes, leeks, carrots, celery and turnip, served on a bed of wilted greens with 2 eggs any style* \$10.45

Smoked Wild Salmon Plate:
with cream cheese, tomato-dill pico, and toasted Udi's bread \$9.95

Egg Dishes & Sides

Classic American: 2 eggs, bacon/sausage, grilled potatoes \$7.30/\$8.35

Omelet (ask for Udi toast), Scramble or Taco (corn tortilla):

Vegetables (\$1.05): spinach, tomato, avocado, grilled onions, grilled bell peppers, serranos, house-made refried beans, grilled potatoes, grilled mushrooms, zucchini, chipotle-mushroom tamale(\$1.50)

Meats: Pederson's hickory-smoked bacon (\$1.37), Richardson Farm's texas-style sausage (\$2), canadian bacon (\$1.37), spicy beef (\$2.63, made from local 100% grass-fed, pastured beef)

From the Sea: Wild-caught smoked salmon (\$5.24/\$2.63)

Cheeses: Mexican blend, feta, mozzarella (\$.79)
swiss, goat(\$1.31)

Choose Spicy Red Salsa or mild Tomatillo Salsa on the side

Gluten-Free Lunch Options

(M-F 11am-6pm, Sat & Sun 1pm-6pm)

Disclaimer: we cook with gluten in a small kitchen. All gluten-free options are made without gluten added but cannot be guaranteed 100% GF.

SALADS and WRAPS

House Dressings: Organic Balsamic Vinaigrette or Honey-Dijon Vinaigrette

Turn a Salad into a Paleo Wrap! (+ \$1)

Marjorie's Pears, blue cheese, marinated red onions, walnuts, greens \$9.40

Beet Lover's Roasted beets, greens, tomatoes and goat cheese \$8.35

Salmon Smoked, wild-caught salmon, greens, tomato-dill pico \$9.40

Add feta, goat or bleu cheese (\$2), avocado (\$1)

Quinoa Quinoa & seasonal veggies, served on greens with dressing \$6.25

Add feta or goat cheese (\$2.10)

Field of Greens: organic field greens, organic tomatoes \$3.10/\$5.78

Pesto Garden Wrap our house-made basil pesto (contains nuts), baby greens, tomato, avocado and shredded carrots in an organic Paleo tortilla (add cheese \$2.10) \$9.40

Paleo Beef Wrap our 100% grass-fed, Hill Country beef, grilled peppers, onions and zucchini in a Paleo wrap (options: grilled mushrooms or avocado \$1, cheese \$2) \$10.45

Any of our **Sandwiches** can be made with **Udi's toast**:

Classic BLT Pederson's bacon, tomato, greens & mayonnaise \$8.35

Beet Lover's Roasted beets, goat cheese, arugula and tomato \$7.30

Italian Panino Prosciutto, provolone, tomato, arugula and pesto \$8.35

Veggie Panino Zucchini, mushrooms, tomato, arugula, provolone, cilantro-pecan pesto \$7.30

Beefy Melt Our spicy beef, grilled onions and mozzarella \$8.35

Grilled Cheese Mix of mozzarella and mexican cheese \$4.15

Add bacon (\$1.36), tomato (\$1.05), grilled onions (\$1.05), avocado (\$1.05)

Organic corn chips and our house salsa (spicy organic red or mild tomatillo) \$4.15

Organic Yogurt and Fruit (seasonal) \$4.15 sm/\$7.09 lg

Organic Fruit Bowl (seasonal) \$3.68 bowl/\$1.05 mini

Sweets

Fruit/Nut Clusters (2.36), Macaroons (1.58), Cookies (2.10), Hail Merry Tartlets(2.10)