

# THE KITCHEN



## LITE BITES

Available every day until 1 hour before close!

<b>AVOCADO TOAST</b> avocado, hard-boiled egg, sunflower seeds, olive oil, sea salt, cracked pepper, sriracha, thick-cut whole grain toast	5.50
<b>HOMEMADE QUICHE</b> Selections change daily.	5.25
<b>SOUP</b> Selections change daily.	CUP 4.25 BOWL 5.75
<b>HOMEMADE MAC &amp; CHEESE</b> with panko bread crumbs	4.75
<b>SIDE SALAD</b> organic greens, shredded carrots, radish, white balsamic	2.95

## BREAKFAST

Available every day until 1 hour before close!

<b>BREAKFAST BURRITO #1</b> egg, black beans, homemade salsa, pepper jack cheese, flour tortilla	5.25
<b>BREAKFAST BURRITO #2 (VEGAN)</b> quinoa, black beans, avocado, homemade salsa, flour tortilla	5.25
<b>BREAKFAST SANDWICH #1</b> egg, smoked ham, cheddar cheese, thick-cut whole grain toast	5.50
<b>BREAKFAST SANDWICH #2</b> egg white, avocado, cheddar cheese spinach, tomato, english muffin	5.50
<b>BREAKFAST SANDWICH #3</b> egg, bacon, cheddar cheese, avocado, thick-cut whole grain toast	5.50
<b>HOMEMADE BAKED OATMEAL</b> blueberries, steamed milk	4.95
<b>BAGELS, CROISSANTS, MUFFINS &amp; PASTRIES</b> Please see pastry case for available options!	

## SANDWICHES

Available every day until 1 hour before close!

Served with chips, baby carrots or a side salad.

Gluten free bread available!

* <b>INCREDIBLE CHICKEN SALAD</b> with celery, red grapes & toasted pecans in a dill dressing. Available on whole grain bread or honey wheat wrap.	8.95
* <b>ALBACORE TUNA MELT</b> albacore tuna salad, mild cheddar cheese, tomatoes, whole grain	8.95

Available Mon-Sat from 10:30 am-3:30 pm!

* <b>GRILLED CHICKEN &amp; HAVARTI</b> grilled chicken, havarti cheese, toasted pecans, homemade fig jam, honey wheat wrap	9.25
* <b>SOUTH OF THE BORDER</b> turkey, bacon, pepper jack cheese, avocado chipotle mayo, honey wheat wrap	9.25
* <b>THE CALIFORNIA</b> turkey, avocado, tomatoes, organic spinach, pesto mayo, whole grain bread	8.95
<b>HAM &amp; BRIE BAGUETTE</b> smoked ham, brie cheese, granny smith apple, dijon mustard, french baguette	8.95
<b>SUPER PROTEIN WRAP</b> organic spinach, red quinoa, shredded carrots, edamame, avocado, carrot ginger dressing, honey wheat wrap	8.95
<b>HALF SANDWICH WITH CUP OF SOUP</b> Choose from any of our sandwiches marked with an asterisk (*)	9.25

## SALADS & BOWLS

Available every day until 1 hour before close!

Served with flatbread crackers & dressing on the side.

Add grilled chicken for \$3!

<b>WINTER CRANBERRY, APPLE &amp; BRUSSELS SPROUTS</b> organic greens, shaved brussels sprouts, granny smith apple, dried cranberries, toasted pecans, blue cheese, maple vinaigrette	7.50
<b>SUPER PROTEIN</b> organic spinach, red quinoa, edamame, chickpeas, pumpkin seeds, shredded carrots, raisins, carrot ginger dressing	9.25
<b>LAPORTA SALAD</b> organic greens, pecans, walnuts, raisins, coconut, parmesan, white balsamic vinaigrette	6.95
<b>CHICKEN OR TUNA SALAD ON GREENS</b> with white balsamic vinaigrette	8.95

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