

SIDES AND SMALL PLATES

BOB'S RED MILL GRITS

Buttered (180 Cal) 3.29 Cheesy (180 Cal) 3.29

FRESH, SEASONAL FRUIT

Small (80 Cal) 4.49 Large (160 Cal) 5.49

FRESH, SEASONED POTATOES (320 Cal) 3.69

BISCUITS & GRAVY One Large Buttermilk Biscuit (440 Cal) 5.69

OUR WHOLE GRAIN ARTISAN TOAST WITH ALL-NATURAL HOUSE PRESERVES (390 Cal) 1.99

ENGLISH MUFFIN (330 Cal) 1.99

GLUTEN-FREE TOAST▲ (150 Cal) 1.99

FRESHLY BAKED MUFFIN OF THE DAY (460-590 Cal) 3.29

HARDWOOD SMOKED BACON (160 Cal) 5.49

SMOKED HAM (160 Cal), **PORK SAUSAGE** (320 Cal), **CHICKEN SAUSAGE PATTY** (180 Cal) **OR** **TURKEY SAUSAGE** (220 Cal) 4.49

LEMON-DRESSED ORGANIC MIXED GREENS (70 Cal) 3.29

BOWL OF SOUP

Tomato Basil or Soup of the Day (150-290 Cal) 4.99

SALADS

Salads served with artisan ciabatta toast. (90 Cal)

SUPERFOOD KALE Vitamin-rich kale and organic mixed greens with housemade maple-roasted carrots, warm all-natural chicken breast, dried cranberries, slivered almonds and shredded Parmesan tossed in our refreshing maple-lemon vinaigrette. (820 Cal) 11.89

CHICKEN AVOCADO CHOP Chopped romaine and arugula, all-natural chicken breast, avocado, tomatoes, corn, black beans, Feta cheese and crispy tortilla strips with citrus chipotle dressing. (790 Cal) 11.89

COBB Organic mixed greens, bacon, turkey breast, a hard-boiled cage-free egg, tomatoes, avocado and Bleu cheese crumbles with buttermilk ranch dressing. (680 Cal) 11.89

SWEET HONEY PECAN Organic mixed greens, romaine, all-natural chicken breast, bacon, toasted pecans, avocado, tomatoes and carrots with Cheddar and Monterey Jack. Drizzled with warm honey Dijon dressing. (860 Cal) 11.89

SANDWICHES

Sandwiches served with lemon-dressed organic mixed greens (70 Cal) or a bowl of soup. (150-290 Cal)

MONTEREY CLUB Turkey, bacon, avocado, organic mixed greens, tomato, Monterey Jack and mayo on sourdough. (1020 Cal) 11.79

BLTE The classic BLT plus two over-hard cage-free eggs, Monterey Jack and mayo on our artisan whole grain. (1120 Cal) 10.99

BAJA TURKEY BURGER A lean white-meat turkey patty with avocado, organic mixed greens, housemade pico de gallo, mayo and Horseradish Havarti cheese on a brioche bun. (810 Cal) 10.99

MARKET VEGGIE House-roasted Crimini mushrooms, zucchini and spinach with basil pesto, mayo and Mozzarella on our grilled artisan whole grain. (790 Cal) 10.99

ROAST BEEF & HAVARTI Roast beef, Horseradish Havarti cheese, house-roasted onions and tomato with lemon-dressed arugula on grilled Parmesan-crustured sourdough. Horseradish sauce on the side. (1070 Cal) 13.39

HAM & GRUYÈRE MELT Smoked ham, tomato and melted Gruyère cheese with Dijonnaise on grilled artisan brioche. (790 Cal) 11.79

VEGGIE BURGER A seasoned all-natural patty of brown rice, Peppadew peppers, onions, carrots and mushrooms. Served on a brioche bun with fresh smashed avocado, organic mixed greens, tomato, red onion and a side of Dijonnaise. (610 Cal) 10.99

2 for YOU

CHOOSE TWO FROM THE FOLLOWING

½ sandwich • ½ salad • cup of soup

SANDWICHES

- Monterey Club (510 Cal)
- Ham & Gruyère Melt (400 Cal)
- Market Veggie (400 Cal)
- Roast Beef & Havarti (530 Cal)

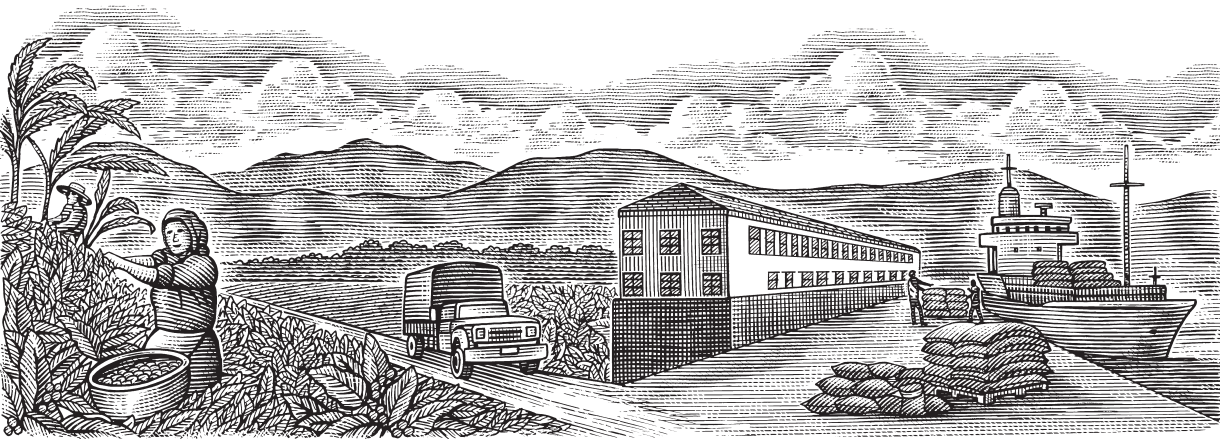
SALADS

- Cobb (340 Cal)
- Superfood Kale (410 Cal)
- Sweet Honey Pecan (430 Cal)
- Chicken Avocado Chop (400 Cal)

SOUPS

- Soup of the Day (100-210 Cal)
- Tomato Basil (140 Cal)

LUNCH SPECIALS
THAT ARE TWICE
AS NICE **10.49**



PROJECT SUNRISE

Better Coffee.
Better World.

Every cup of our Project Sunrise coffee tells a story. It's about empowering the Mujeres en Café™, or women coffee farmers, who grow and handpick each bean, supporting families and strengthening communities throughout South America. And that's only the first sip. Because we believe better coffee cultivates a better world.

FOOD ALLERGIES?
SCAN HERE.



▲ For our customers with food allergies and/or sensitivities, please inform your server prior to ordering. Our gluten-free items are often prepared with shared equipment (including a shared toaster) and cross contact is very likely. If you have an allergy or sensitivity, please ask that your order be prepared using our allergen handling procedures. We cannot guarantee that cross contact with foods containing allergens will not occur but will make a reasonable effort to avoid it. 2000 calories a day is used for general nutrition advice, but calorie needs vary.

JUICE BAR

We juice daily using all-natural ingredients.

TURMERIC, BEET, KALE, FUJI APPLE AND ENGLISH CUCUMBER JUICED IN-HOUSE.

MORNING MEDITATION®

Orange, lemon, turmeric, organic ginger, agave nectar and beet. (140 Cal)

KALE TONIC

Kale, Fuji apple, English cucumber and lemon. (130 Cal)

PURPLE HAZE

Lemon, cane sugar, butterfly pea flower tea and a hint of lavender. (230 Cal)

SEASONAL JUICE

BEVERAGES

PROJECT SUNRISE COFFEE

A pot of our premium, full-flavored coffee. (free refills) (10 Cal/pot)

DECAF COFFEE (0 Cal)

COLD BREW COFFEE (15 Cal)

ICED COFFEE

Creamy, sweet, cold and refreshing. (160 Cal)

HERBAL TEA

A selection of hot organic herbal teas. (0 Cal)

FRESH-BREWED ICED TEA

Unsweetened Black or Blackberry (free refills) (0/80 Cal)

HOT CHOCOLATE (250 Cal)

LOW-FAT MILK

Small or Large (100/190 Cal)

COCA-COLA SOFT DRINKS (free refills) (0-110 Cal)

100% COLD SQUEEZED ORANGE JUICE

Small or Large (110/210 Cal)

GRAPEFRUIT JUICE

Small or Large (100/190 Cal)

APPLE OR CRANBERRY JUICE

Small or Large (110/210 Cal)

