

Breakfast



Baked Goods

Sweet Potato Biscuit	5.5	Blueberry Muffin	4.5
Honey Butter and Jam		Orange Cranberry Scone	4.5
Challah Bread	5	GF Chocolate Muffin	4.5
Honey and Baked Apple Spread		GF Banana Nut Muffin	4.5
Assorted Bagels	5		
Cream Cheese			

Breakfast Entrees

Breakfast Sandwich	9	Build Your Own Omelette (3 Fillings)	13
Toasted Sliced Challah , Scrambled Eggs, White Cheddar Cheese, Sliced Tomato		Peppers, Onions, Tomatoes, Mushrooms, Spinach, Cheddar, Feta, Mozzarella. Served with Toasted English Muffin	
Root Vegetable Potato Hash and Eggs*	14.5	Breakfast Burrito	12
Roasted Carrots, Sweet and Yukon Potatoes, Sliced Avocado. 2 Eggs of your choice		Flour Tortilla, Scrambled Eggs, Cheddar Cheese, Sautéed Onions and Poblano Peppers. Served with Avocado Salsa **Add Sliced Avocado or Mixed Vegetables \$1.00	
Sliced Salmon Lox Breakfast	16.5	Gluten Free Quiche made with Almond Meal Crust*	16
Smoked Salmon Slices with Tomato, Capers, and Onion. Scrambled Eggs. Sourdough Toast and Cream Cheese		<u>Spinach and Feta Quiche</u> . Served with Side Salad	
Bagel Lox Sandwich	12.5	or <u>Mushroom Swiss and Parmesan Quiche</u> . Served with Side Salad	
Bagel of Choice, Cream Cheese, Sliced Cucumbers and Tomatoes, Capers, Dill **Add 1 Egg of choice \$1.50		Avocado Toast	13
Poached Egg Shakshuka*	15	Toasted Sourdough, Mashed Avocado, Charred Corn, Farmers Cheese, Radish and Paprika	
Simmering Tomatoes, Peppers, Onions Spiced Sauce, 2 Poached Eggs. Garnished with Feta, Hummus and Chopped Herbs. Served with Toasted Pita Bread		Challah French Toast	12
Pancake and Eggs	14.5	2 Slices of Challah Bread with Maple Syrup, Sweet Cream and Apple Compote. Garnished with Fresh Fruit	
Short Stack of Pancakes (Chocolate Chip, Banana, Strawberry, Blueberry) Served with Maple Syrup. 2 Eggs of your choice			

A La Carte Sides

2 Cage Free Eggs	4.5	Tomato Slices	2
Root Vegetable Potato Hash	6	Sweet Potato Fries	8
Vegetarian Sausage	6	French Fries	6
Breakfast Greens	6	Bag of Chips	2
Pancake(1)	7	Side Salad	9
Avocado Slices	3.5	Hummus and Pita*	7
Toast	5	Fruit cup	5
Cabbage Slaw	6	Israeli Couscous Salad	6

Kids Menu

Pancake and Eggs	10
One Pancake with Maple Syrup and One Scrambled Egg	
Grilled Cheese	12
White Bread, White Cheddar, Yellow Cheddar. Served with Fries	
Cheese Flatbread	12
Tomato Sauce, Mozzarella Cheese	

*Contains Tree Nuts/Sesame Seeds

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS. ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS
 All dairy products used in this cafe are Chalav Yisrael

Lunch



HONEY AND CHALLAH



Salads

Roasted Butternut Squash 14.5
Artisanal Lettuce, Roasted Butternut Squash, Cranberries, Pepitas, Farmers Cheese. White Wine Vinaigrette

Greek 14.5
Artisanal Lettuce, Grape Tomatoes, Cucumbers, Olives, Red Onions, Feta Cheese. Red Wine Vinaigrette

Roasted Beet* 14.5
Artisanal Lettuce, Roasted Beets, Oranges, Goat Cheese, Cranberries, Walnuts. Balsamic Vinaigrette

Spring 14.5
Artisanal Lettuce, Grape Tomatoes, Cucumbers, Red Onions, Sliced Radish. Red Wine Vinaigrette

Sandwiches

Tomato Mozzarella Ciabatta 11.5
Kale Pesto, Fresh Mozzarella, Tomato, Arugula, Balsamic Reduction

Chickpea Egg Salad Open Face Sandwich 11.5
Toasted Sourdough, Garnished with Chives and Paprika

The Bernie Marcus Tuna Melt 11.5
Whole Wheat Toast, Cheddar Cheese, Tomato, Spinach

Vegan Grilled Vegetable Pita* 11.5
Grilled Peppers, Zucchini, Squash, Onion, Mushroom, Spinach and Hummus Spread

Flat Breads

Wild Mushroom Swiss Parmesan 16
Roasted Garlic, Lemon Arugula and Chives. Drizzled with Truffle Oil

Mediterranean 16
Kalamata Olives, Sun-dried Tomato, Feta, Italian Seasoning and Tomato Sauce

Grilled Vegetables with Goat Cheese 16
Caramelized Onion, Grilled Peppers, Zucchini, Squash and Tomato. Goat Cheese. Balsamic Glaze

Margherita Kale Pesto* 16
Fresh Mozzarella, Basil, Sliced Tomato, Tomato Sauce. Pesto Garnish

Bowls

Israeli Couscous 14.5
Tomatoes, Cucumbers, Olives, Pickled Red Onions, Toasted Chickpeas. Hummus and Pita Bread. Red Wine Vinaigrette

Root Vegetable Hash 14.5
Sautéed Breakfast Greens, Toasted Chickpeas, Pickled Red Onions, Sliced Avocado. Tahini Sauce

Protein Add On

Grilled Salmon 10

Fried Fish Strips (White Fish*) 10

Mediterranean Tuna Salad Scoop 7

Falafel 8

Chickpea Egg Salad Scoop 7

Lunch Combos

Fish and Chips 18
Fried White Fish Tempura, French Fries. side of Dill Aioli

Grilled Salmon Wrap with Bag of Chips 18
Grilled Salmon, Avocado, Lettuce, Tomato, Flour Tortilla. Side of Ranch

Falafel Wrap with Bag of chips 17
Falafel, Lettuce, Tomato, Onions, Cucumbers. Flour Tortilla. Side of Tahini Sauce

Salmon Burger with Sweet Fries 18
Salmon Patty, Dill Aioli, Topped with Cabbage Slaw and Sliced Tomato

Falafel Platter* 20
Falafel, Hummus, Pickles, Olives, Side Salad, Pita Bread. Side of Tahini Sauce

Soups

CUP 12oz 8

BOWL 16oz 10

Soup of the Day with Challah Bread
Vegetarian Matzo Ball Soup with Challah Bread

Pick 2 Combo

Choose 2 Items: 17

Cup of Soup

Side Salad

Half Sandwich

16 (Lunch Combos not Included)

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Beverages



Espresso (Decaf Available)

Double Espresso

Dark and Bold **Add Milk .50

Americano

Espresso and Water **Add Milk .50

Cortado

Equal Parts Double Espresso and Steamed Milk

Cappuccino

Equal Parts Espresso, Steamed Milk and Milk Froth

Latte

Espresso with a Large Amount of Steamed Milk and a Light Layer of Milk Froth

**Add a Syrup .85

Breve Flat White

Double Espresso with a Small Amount of Steamed Half & Half

Specialty Espresso

Caramel Macchiato

Espresso, House Made Vanilla and Caramel, Milk. Topped with Whipped Cream and Caramel

Honey Oat Milk Latte

Espresso, Honey, Oat milk

Iced Shaken Bon Bon

Double Espresso, Bon Bon and Milk Shaken over Ice

Classic Coffee (Only Caffeinated)

Drip Coffee

Dark Roast served Black **Add Milk .50

Cafe Au Lait

Drip Coffee with Steamed Milk

Cold Brew

24hrs Brewed served Black **Add Milk .50

Specialty Coffee

Sweet Cream Cold Brew

Cold Brew Sweetened with Vanilla Syrup and Topped with Sweetened Cream Foam

Mojito Cold Brew

Cold Brew, Mint Simple Syrup and Heavy Cream Shaken over Ice

Syrups

House Made Vanilla

House Made Caramel

House Made Honey Lavender

House Made Brown Sugar Cinnamon

House Made Banana

Simple Syrup

Honey

Mocha

Sugar Free Vanilla

Tea

3 Classic Iced Tea

Un-Sweetened or Sweetened

3.5 4.5

5.5 Hibiscus Iced Tea

Un-Sweetened and Un-Caffeinated

3.5

4 Hot Immunity Booster

Fresh Sliced Ginger, Mint, Lemon Juice, Honey and Turmeric Steeped in 16oz of Hot Water

6

Hot Tea Bag

Earl Grey, English Breakfast, Jasmine, Chamomile

4

Matcha Tea Latte

Matcha Tea Sweetened Lightly with Vanilla and Milk

6 7

**Add Strawberry, Blueberry, Banana .85

5.5

Lemonade

Classic Lemonade

House Made. Pulp Free

4.5

7 Arnold Palmer

Half Classic Lemonade and Iced Tea (sweetened or Unsweet)

4.5

6.5

Matcha Lemonade

Classic Lemonade with a Shot of Sweetened Matcha Tea

6

Blueberry Hibiscus Lemonade

House Made Blueberry Syrup, Classic Lemonade and Hibiscus Tea

5.5

3

4 5

Milk and Steamers

Cup of Milk 12oz

Plain or Chocolate

4

Hot Chocolate 12oz

Topped with Whipped Cream and Chocolate Drizzle

4

5

6

6

Chalav Yisrael Milk Non Dairy Milk

Oat

.85 Almond

Coconut

Soy

Tell Us How Sweet

Regular

Less

More

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