

BREAKFAST

SERVED 7AM - 11AM

3 EGGS ANY STYLE \$11.00

Sunny side up, scrambled, over easy, over medium & served with seasonal fruit
Choice of bacon or ham

AVOCADO TOAST \$12.00

Toasted multigrain bread, mashed avocado, pickled red onions
& served with seasonal fruit
Add sunny side up egg +\$2.00

BREAKFAST BURRITO \$11.00

Flour tortilla, potatoes, cheese, eggs
Choice of bacon, sausage or chorizo

VEGGIE BREAKFAST BURRITO \$11.00

Flour tortilla, roasted seasonal veggies, mashed avocados, cheese, eggs

BREAKFAST SANDWICH \$11.00

Choice of English muffin or croissant bread
Omelette style eggs, cheddar cheese, avocado, tomato & served with side salad
Choice of ham, sausage or bacon

SALMON BAGEL \$15

Choice of bagel, house cured salmon, cream cheese, onions, daikon sprouts,
tomatoes, capers & served with side salad

BREAKFAST QUESADILLA \$13.00

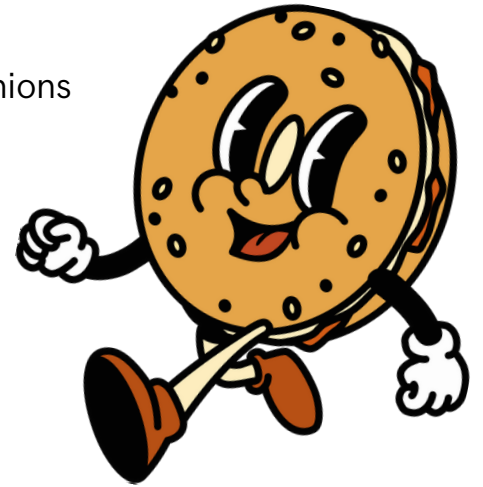
Flour tortilla with egg & cheese. Served with pico de gallo, sour cream,
guacamole & house-made salsa.
Add sausage, ham or turkey +\$2.00

HOT BREWED COFFEE

Small \$2.75 Large \$3.75

HOT TEA

Small \$2.00 Large \$3.00



NITRO COFFEE

16 Oz \$6.00



LUNCH & DINNER SERVED 11AM - 3PM

**ALL SANDWICHES SERVED WITH CHOICE OF SIDE:
FRIES OR HOUSE SALAD**

ROASTED BEEF \$13.95

Ciabatta bread, roasted beef, arugula, roasted red bell peppers, horseradish mayo

REUBEN SANDWICH \$12.95

Rye bread, corned beef, sauerkraut, Swiss cheese, thousand island dressing

ITALIAN SUB \$14.95

Dutch Crunch Roll, ham, mortadella, salami, turkey, provolone cheese, garlic spread, shredded romaine lettuce tossed with Italian herb dressing

NEW YORKER \$12.95

(Choose bread), Hot pastrami, corned beef, Swiss cheese, honey mustard aioli, caramelized onions

TUNA MELT \$12.50

(Choose bread), house tuna salad, melted cheddar cheese

VEGGIE SANDWICH \$11.50

(Choose bread), seasonal grilled vegetable, daikon sprouts, cucumber, tomatoes, carrots, smashed avocado

CHICKEN PESTO \$12.50

Ciabatta, grilled chicken, pesto, provolone, lettuce

FRIED CHICKEN SANDWICH \$14.95

Brioche bread, fried chicken, chipotle mayo, lettuce, tomatoes, coleslaw

CANTWELL'S BURGER \$16.00

Brioche bun, beef patty, tomatoes, cheddar cheese, bread & butter pickles, jalapeño aioli

GARDEN BURGER \$16.00

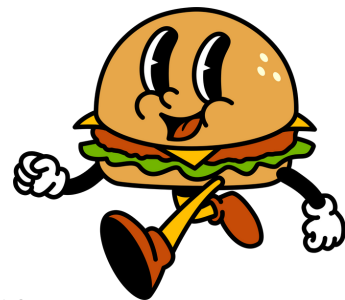
Brioche bread, veggie patty, mashed avocado, lettuce, tomato, onions, pickles, vegan mayo

TURKEY SANDWICH \$12.95

(choose bread), sliced turkey, arugula, cranberry chutney, swiss cheese, mayo

TRI-TIP SANDWICH \$14.95

Hoagie bread, tri-tip, caramelized onion, pepper jack cheese, lettuce, jalapenos



BREAD CHOICES:

Squaw Loaf Wheat, sourdough, rye, multigrain

LUNCH & DINNER SERVED 11AM - 3PM

ALL SANDWICHES SERVED WITH CHOICE OF SIDE:
FRIES OR HOUSE SALAD

GRILLED HAM & CHEESE \$11.00

Sourdough, ham, swiss cheese

BEST F**ING WRAP (VEGAN) \$13.00

Lavash bread, bbq tempeh, mixed greens, tomato, hummus

THE CO-OP CLUB \$13.95

Sourdough, ham, turkey, bacon, lettuce, tomatoes, onions, mayo, mustard

TORTA \$12.25

Pinto beans, mayo, lettuce, tomato, avocado, jalapeños

Choose carne asada, pastor, chorizo, or chicken

Add Chile Relleno +\$2.50

BURRITO

Rice, beans, cheese, pico de gallo, salsa

Choice of chorizo, carne asada, pastor or chicken

Add Chile Relleno +\$2.50

VEGGIE BURRITO

(Seasonal grilled vegetables, rice, beans, cheese, pico de gallo

Add vegan sausage or soy chorizo +\$3.50

BABY SPINACH SALAD \$11.00

Spinach, roasted almonds, dried cherries, fresh strawberries, red onions, red wine vinaigrette

BEET SALAD \$11.00

Golden & red beets, parsley, walnuts, salt, pepper, balsamic vinaigrette, served on a bed of whipped goat cheese

CHICKEN CAESAR SALAD \$14.00

Grilled chicken, crispy romaine, parmesan cheese, croutons, Caesar dressing

I.V. SALAD \$11.00

Mixed greens, shaved beets, carrots, tomatoes, cucumbers, red cabbage, lemon vinaigrette

Add chicken +\$3.00 or salmon +\$5.00



LOOKING FOR FRESH SLICED DELI MEATS? WE'VE GOT YOU COVERED

We now carry fresh deli meats from Boar's Head.
Please ask a deli clerk and they can assist you.

TURKEY - \$14.99/LB

HAM - \$13.99/LB

ROAST BEEF - \$17.99/LB

PASTRAMI - \$16.99/LB

MORTADELLA - \$9.99/LB

PROSCUITTO UNCURED - \$17.99/LB

GENOA SALAMI - \$12.99/LB

BOLOGNA - \$9.99/LB

ROASTED CHICKEN - \$15.99/LB

LOW SODIUM HAM - \$13.99/LB

PROVIDED BY:



Boar's Head