

Green Salmon Bagel -n- Lox Plate

Wild Pacific Salmon Cold Smoked, Served with a Wheat Bagel, Matcha infused Cream Cheese, Tomato, Capers, Onion

Chorizo Breakfast Wrap(v)

Sautéed Mushrooms, Arugula, Upton's Chorizo, Tofu Scramble, Yukon Potatoes & Yams, served rolled up in a grilled Tortilla with Tomatillo salsa, Lettuce & Tomato

Falafel Wrap*(v)

Falafel, Cucumbers, Red Onion, Kalamatas, Tomato, Romaine, House-made Roasted Red Pepper Hummus and Cucumber Sauce with Chips
(*Gluten Free Falafel Salad option)

Wheat Bagel/Sprouted Wholegrain Onion Bagel

With choice of Cream Cheese, Earth Balance & Jam, Peanut Butter or Vegan Cream Cheese

Deb's Famous Oats

Granola with Walnuts, Cranberries, Pepitas w/ Choice of steamed milk
(Optional to add Raspberries & Blueberries)

Sunrise Bagel Sandwich

Organic Egg, Tillamook Cheddar, Parmesan, Sautéed Mushrooms served on a Wheat Bagel with Lettuce & Tomato on the side
(Vegan Option of Tofu Scramble and Daiya 'Cheese')

Egg-n-Sausage Sandwich

Organic Egg, Gardein Sausage, Tillamook Cheddar on grilled Multigrain Bread with Lettuce & Tomato on the side
(Vegan Option of Tofu Scramble and Daiya 'Cheese')

Gluten Free Breakfast Sandwich (gf)

Gluten Free English Muffin with Tofu Scramble, Tempeh 'Bacon', Tillamook Cheddar and Tomato
(Vegan Option of Daiya 'Cheese')

House Caesar Salad

Romaine tossed with House-made Lemon/Garlic Dressing -Topped with Walnuts, Cranberries, Pumpkin Seeds and Parmesan
(Vegan Option Available)

Chicken Caesar Wrap

Spinach tortilla filled with Romaine, Kalamatas, Cucumbers, Lemon-Garlic Dressing, Parmesan and Grilled Chicken* Breast
(Vegan Option Available)

A.L.T.(v)

Avocado, Lettuce, Tomato, Veganaise in a Spinach Wrap with Kettle Chips

Thai Tempeh Wrap(v)

Grilled Tempeh with Romaine, Cabbage, Carrots, Cucumbers, Red Bell Pepper, Onion, Fresh Cilantro with Thai Peanut Dressing in Wrap with Kettle Chips and a side of Garlic Chili Sauce

Organic Veggie Burger(v)

Served with Lettuce, Tomato, Onion, Sriracha Mayo- on a Wheat Seeded Bun served with Chips and Pickle
(Veggie Burger is GF: Lentils/Rice/Millet/Mixed Veggies)

Mushroom Quesadilla

Mozzarella, Sautéed Mushrooms, Leeks and Home-made Kale-Walnut Pesto. Served with a side salad. Romaine, Tomato, Walnuts, Cranberries, Pumpkin Seeds tossed in a Balsamic Vinaigrette
(Vegan Option Available)
(GF Corn Tortilla Available)

Sesame Chicken Wrap(v)

Grilled Chicken* Breast with Home-made 'Apricot-Pineapple Chili Sauce' Toasted Sesame Seeds, Napa Cabbage & Carrots in a Chipotle Wrap. Served with Chips, Tomatoes and a side of Hot Chili-Garlic Sauce

(Vegan Option Available)

***Gardein Brand Veggie 'Chicken'**

Substitute Chips for a side House Caesar Salad (extra)