



Take-Out Available!
[Click Here to Order Online](#)

Hours of Operation

Monday - 8:00am-3:00pm
Tuesday - 8:00am-3:00pm
Wednesday- 8:00am-3:00pm
Thursday - 8:00am-3:00pm
Friday - 8:00am-3:00pm
Saturday - 11:00am - 2:00pm
Sunday - closed



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Call 612-225-1121 for
Take-Out!

Breakfast All Day

Breakfast Sandwich -

Choose Veggie, Ham, Bacon, or Turkey Sausage with cheddar, egg & lemon aioli

*On Ciabatta bread \$7

*On Plain or Everything Bagel \$7

Avocado Toast - avocado slices, carrots, sunflower seeds, miso glaze on 7-grain bread \$6

Banana & PB French Toast - brioche french toast with bananas, peanut butter, maple syrup and powdered sugar \$7

Oatmeal - Muesli or Banana Walnut Cinnamon \$5

Small Plates

Graze Plate - apple slices, hard-boiled egg, pretzels, grapes, ciabatta toasts, seasonal cheese \$8

Baguette au Fromage \$6

Veggies Plate with Ranch \$5

Grapes, Brie, Mixed Nuts \$4

Apple Slices with Peanut Butter \$4

Soup of the Day!

Cup \$3

Bowl \$4

Sandwiches

Full \$7 Half \$4

Thanksgiving Special - cranberry aioli, turkey, mixed greens on cran wild-rice bread

"Summer" Sandwich - avocado, cucumber, tomato, swiss & mixed greens on 7-grain

Turkey BLT - on 7-grain
Add Avocado \$.50

Cuban - ham, swiss, pickles, mustard, mayo on ciabatta

Grilled Cheese - provolone, cheddar, tomato, bacon, avocado on 7 grain

Italian Veggie Sub - pepperoni, provolone on ciabatta, sauteed veggies, green goddess

Roast Beef - provolone, caramelized onions, horseradish aioli on ciabatta

Sauteed Veggie - onion, red pepper, zucchini, carrot, white cheddar & green goddess on ciabatta bread

Salads \$7

Fall Salad

green apple slices, bleu cheese, walnuts, dried cranberries, dijon vinaigrette

Turkey Cobb

hard boiled eggs, bacon, avocado, tomato, buttermilk ranch dressing

Build Your Own!

-Add Veggies \$.25
-Add Protein or Nuts \$.50

Flatbread Pizzas

Apple, Bleu & Bacon

Flatbread - garlic cheese spread, green apple slices, bleu cheese, bacon & balsamic glaze \$7

Fig Flatbread - fig spread, goat cheese, honey, toasted almonds \$7

Pesto Flatbread - pesto base, mozzarella, heirloom, tomatoes, red pepper flakes, arugula \$7

Build Your Own Pizza!

-Cheese \$6

-Add Veggies \$.25 each

-Add Protein \$.50 each

Fall Lattes

Pumpkin Cream Cold Brew

Classic Pumpkin Spiced Latte

Pumpkin Chai Latte

*White Chocolate Pumpkin
Spice Latte*

Chocolate Hazelnut Latte

Apple Cider Latte

Honey Lavender Latte