

BEVERAGE MENU

	Regular	Large
Hot drinks	16oz	20oz
Cold drinks	20oz	24oz

COFFEE BREWED & ICED

Medium / Dark Roast	\$2.00	2.30
Café Au Lait	\$2.15	2.45
Iced Coffee (Cold Brew)	\$2.55	2.85

ESPRESSO HOT & ICED

Regular = 2 shots espresso Large = 3 shots espresso

Espresso	\$2.25	2.75
Decaf Espresso	\$2.25	2.75
Café Macchiato (traditional)	\$2.25	2.55
Con Panna (w/whipped cream)	\$2.25	2.55
Red Eye (espresso with coffee)	\$2.85	3.05
Café Americano	\$2.85	3.05
Cappuccino	\$3.95	4.25
Café Latte	\$3.95	4.25
Café Mocha	\$4.75	5.25
Mayan Mocha	\$4.75	5.25
White Mocha	\$4.75	5.25
Hot Chocolate	\$3.60	3.85
Hot White Chocolate	\$3.60	3.85

ESPRESSO BLENDED

Espresso blended with ice and choice of milk

Regular = 2 shots espresso Large = 3 shots espresso

Espresso	\$4.25	4.75
Vanilla	\$4.85	5.35
Caramel	\$4.85	5.35
Hazelnut	\$4.85	5.35
Mocha	\$4.85	5.35
White Mocha	\$4.85	5.35
Mayan Mocha	\$4.85	5.35
Salted Caramel	\$4.85	5.35

Add soy or almond milk \$0.75

Add flavor to any drink \$0.75

*Vanilla, *Caramel, *Hazelnut, (*Available in Sugar Free)

Toffee Nut, Salted Caramel, Salted Toffee Nut

RISHI ORGANIC TEA

Jade Cloud, Earl Grey, English Breakfast

Peppermint Rooibos (caffeine free), Chamomile

(caffeine free) Tropical Hibiscus (caffeine free)

Hot Tea	\$2.85	3.05
London Fog	\$4.05	4.35
Chai Tea Latte	\$4.05	4.35

SMOOTHIES (ALL FRUIT)

Strawberry/Banana, Mixed Berry and Pina Colada

OR choose your own up to 3 fruits: *strawberry, pineapple, blueberry, banana, coconut and mango.*

Add Greek yogurt, spinach or kale \$1.00

JUICE/MILK

	9oz	16oz
Fresh Squeezed Orange Juice	\$2.95	3.25
Apple Juice	\$2.95	3.25
Milk (whole, nonfat, soy, almond)	\$2.95	3.25
Soy or almond milk add additional	\$0.55	

BEVERAGES

20oz 24oz

Coke, Diet Coke, Coke Zero, Fanta Orange,

Barq's Root Beer, Mello Yello, Sprite, Dr. Pepper

Iced Tea (Brewed) \$2.95 3.25

Green Tea with Pomegranate, Black Tea with Passion Fruit

House Made Fresh Lemonade \$2.95 3.25

BOTTLED WATER / SODA

17oz Bottle Water	\$1.85
Mexican Coke Bottle	\$3.50



Crave

BREAKFAST

FRESH BAKED BAGELS (choice of plain, wheat & everything)

✓ **Bagel**, plain or toasted... \$2.50 butter, peanut butter, cream cheese, nutella, banana add each...\$1.00

✓ **Garden Bagel**, toasted with cream cheese, avocado, vine ripe tomatoes, chives, cucumber...\$6.50

Smoked Salmon Bagel, chive cream cheese, vine ripe tomatoes, cucumber, red onion, capers, dill...\$12.99

ENERGY BOWLS

✓ **Fresh Fruit Bowl**, seasonal fruit (strawberries, melon, pineapple, grapes) **Cup...**\$2.99 **Bowl...**\$5.99

✓ **Homemade Granola Parfait**, non-fat Greek yogurt, house made granola, fresh berries, bananas, honey...\$9.99

✓ **Crave Acai Bowl**, Acai berries blended with coconut milk, pineapple, bananas, strawberries, mango

Topped with homemade granola, bananas, strawberries, blueberries, shredded coconut and honey...\$11.99

(Amazon super food bursting with powerful antioxidants and healthy omegas)

GARDEN FRITTATAS

(fresh baked to order please allow 20 minutes)

Three eggs (Substitute egg whites - add \$1.00) Served with house baked sourdough toast.

✓ **Garden Frittata**, fresh herbs, cheddar cheese, spinach, mushrooms, onions, bell peppers, tomato...\$12.99

✓ **Garden & Potato Frittata**, fresh herbs, cheddar cheese, potatoes, spinach, mushrooms, onions, bell peppers, tomato...\$12.99

✓ **Greek Frittata**, spinach, fresh herbs, feta cheese, tomatoes, onions, kalamata olives, basil ...\$13.99

The Works Frittata, fresh herbs, cheddar cheese, potatoes, spinach, mushrooms, onions, bell peppers, tomatoes

Choice of smoked ham, applewood bacon, grilled chicken or roasted turkey...\$14.99

SIMPLY EGGS

Served with sourdough toast, house potatoes or fresh fruit.

✓ **Two eggs**, cooked any style, grilled tomatoes...\$8.99

Two eggs and meat, choice of smoked applewood bacon or country ham, grilled tomatoes...\$11.99

OMELETTE OR EGG SCRAMBLES

Three eggs (Substitute egg whites - add \$1.00) Served with sourdough toast, house potatoes or fresh fruit.

✓ Design your own omelette or scramble with up to four items...\$12.99

Smoked bacon, smoked ham, grilled chicken breast, roasted turkey, spinach, tomatoes, bell peppers, mushrooms, onions, mozzarella, cheddar, provolone, feta, cilantro, chives, basil.

EGG SANDWICH

Two scrambled eggs. (Substitute egg whites - add \$1.00). Served on house baked sourdough toast, bagel, or croissant.

Choice of house potatoes or fresh fruit.

✓ **Egg and Cheese**, cheddar, tomatoes...\$9.99

✓ **Veggie**, egg, cheddar cheese, spinach, mushrooms, onions, roasted bell peppers, tomatoes...\$10.99

Choice of Meat, smoked ham, applewood bacon or roasted turkey, egg, cheddar cheese, tomatoes...\$11.99

The Works, Choice of smoked ham, roasted turkey, or bacon, egg, cheddar cheese, spinach, mushrooms, onions, roasted peppers, tomatoes...\$12.49

SIDES

Made from scratch baked goods: muffins, cookies...\$2.50 brownies, magic bars...\$3.00

House breakfast potatoes...\$3.99

Smoked ham, applewood bacon, grilled chicken, turkey...\$4.50

Smoked Salmon...\$6.99