

Soup

Roasted Butternut Bisque

6.00small – 8.00large

Daily Specials

Gnocchi - with Roasted Garlic Red Sauce, with Italian Herb Parmesan
13.00 add Sausage 22.00

Power Salad - Shaved Organic Brussel Sprouts, Heirloom Carrots,
Cabbages, Maple Dijon Vinaigrette, Medjool Dates, Roasted Pumpkin
Seeds –
10.00

Artisanal Sausage – 10.00

on a New England Style Bun, Potato Chips, and a choice of Topping

Smoked Hungarian

Pork and Beef with Paprika, mild Garlic and spices

German Style Bratwurst

Pork, Traditional European Spices including Nutmeg and Mace

Kase Krainer

pork and beef sausage with , creamy Emmenthaler cheese, with pepper,
garlic and onion

Sauerkraut - Spicy Dijon Mustard -

Hot Pepper Relish - Korma Curry Sauce - Ketchup - BBQ

Beverages

Box Water-Plain, Lemon, Grapefruit, Blackberry	3.00
Fresh Lemonade	4.00

Local Roasted Coffee	3.00	4.00
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Espresso 2.00single-3.00dbl shot/Cappuccino/Latte

	Small(12oz)	Large (16oz)
Traditional Cappuccino	4.00	5.50
Traditional Latte	4.00	5.50
Cinnamon Spice Latte	4.00	5.50
Maple Latte	4.00	5.50
Mocha Latte	4.00	5.50
Honey Caramel Latte	4.00	5.50
Chai Latte (Hot/Iced/Dirty)	4.00	5.50

No Caf/Low Caf Lattes

Rose and Honey Latte	4.00	5.50
Turmeric, Maple and Pepper Latte	4.00	5.50
Green Tea Latte	4.00	5.50

* Milk substitute available

SMOOTHIES - 10.00

Blueberry Lemonade

Organic Blueberries, Lemon, Yogurt, Coconut Milk, Honey, Hemp Protein

Strawberry Banana

Organic Strawberries, Banana, Apple Juice, Yogurt

Sunrise

Organic Mango, Banana, Carrot Juice, Orange Juice

Golden Milk

Organic Mango, Banana, Coconut Milk, Turmeric Root, Spices, Orange Juice

Watermelon

Watermelon, Orange Juice, Peppermint and Local Honey

Greenie

Banana, Mango, Spinach, Oat Milk, Hemp Protein

Greenie Warrior

Spinach, Coconut Milk, Mint, Cucumber, Apple, Banana, Orange

Healthy Espresso

Espresso, Oat milk, Banana, Honey, Oats

Chocolate Espresso

Espresso, Coconut milk, Yogurt, Banana, Cocoa, hemp protein

Smoothie add ins 1.50 -

Hemp Protein – Bee Pollen – Chia Seeds – Matcha – Cacao – Flax Seeds –
Spirulina – Maca – Wheat Grass