

# BREAKFAST

7:00am-10:30am



## HAND-CRAFTED GOOD MORNING SANDWICHES


pressed classic breakfast sandwich - \$5.50

choice of black forest ham, applewood-smoked bacon or grilled turkey sausage, cage-free egg or egg whites, sharp cheddar cheese, toasted English muffin

chorizo con huevo bagel - \$6.50

hand-crafted authentic chorizo, cage-free fried egg or egg whites, sharp cheddar cheese, chipotle cream cheese, toasted plain bagel

substitute for impossible chorizo +\$1.50

avocado toast  - \$6.50

fresh smashed Haas avocado, pickled onion, Kenter Farms peppery rocket arugula salad with fresh lemon and pickled capers, multigrain toast


studio bagel sandwich - \$7

shaved house-smoked turkey, sliced swiss cheese, wilted Kenter Farms green kale, oven-dried Roma tomato, chive cream cheese, toasted sesame bagel

add cage-free fried egg or scrambled egg whites for +\$1.25

cheddar + pastrami melt - \$8.50

cage-free fried egg or egg whites, sharp cheddar cheese, hardwood-smoked pastrami, jalapeño cheddar bagel

frittata sandwich  - \$6


cage-free egg whites, Kenter Farms spinach, sharp cheddar cheese, julienned bell peppers, English muffin

classic bagel + cream cheese - \$3.50

fresh or toasted plain, jalapeño cheddar, everything, or sesame bagels

served with your choice of plain, house-made chipotle or house-made chive cream cheese  
substitute for keto-friendly bagel +\$1

## MORNING GRAB AND GO


assorted Larder Baking Co. breakfast pastries  - \$4.50 each


blueberry lemon drop scone  
strawberry oat scone


blueberry muffin  
chocolate chip muffin  
banana muffin  
coffee cake muffin

our breads and pastries are locally crafted by Larder. Baking Co



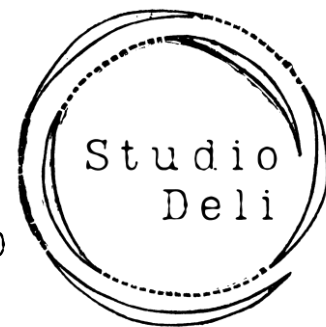
vegetarian 

vegan 

made-without-gluten 

# LUNCH

11:00am-3:00pm



## ARTISAN SANDWICHES ON LOCALLY SOURCED BREAD

All sandwiches are freshly made and served with a house pickle, cherry pepper and house-fried sea salt + cracked black pepper

Weiser Farms potato chips

### studio grilled cheese + ham - \$10

herb butter, gruyère cheese, Colby Jack cheese, Leoncini cotto ham, country sourdough bread

### albacore tuna melt - \$9

line-caught albacore tuna, onion, fresh celery, petite local herbs, mayo, gouda cheese, Colby Jack cheese, multigrain toast

### pastrami - \$12

hardwood-smoked pastrami, swiss cheese, house dressing, sauerkraut, marble rye  
upgrade your sandwich and double the protein +\$3.50

### chicken parmigiana - \$10

hand-breaded free-range chicken breast, fresh Di Steffano mozzarella, provolone cheese, house-made pomodoro sauce, ciabatta

### blta - \$9

applewood-smoked bacon, crisp Boston Bibb lettuce, Lark Farms Roma tomato, smashed Hass avocado, herbed aioli, country white bread

### fig and brie V - \$10

fig jam, double crème brie, dill Havarti cheese, peppery rocket arugula, Cayuma Orchards granny smith apples, ciabatta  
add shaved smoked turkey +\$3

### falafel lavash VG - \$9

house-made hummus, hand-fried vegan falafels, crisp Boston Bibb lettuce, English cucumber, Lark Farms Roma tomato, creamy vegan cucumber-lime tzatziki, lavash

### house pb + j VG - \$6

rich chunky peanut butter, local strawberry jam, multigrain bread

## LUNCH UPGRADES

add a side of cherry peppers.....	\$1
add a side salad to your sandwich.....	\$3
“make it a combo” and add fountain drink.....	\$1.50
“make it a meal” and add a side salad and fountain drink .....	\$3.75
upgrade to a side salad instead of chips.....	\$2
<span style="color: orange;">IG</span> substitute for “made-without-gluten” bread.....	\$1

our breads and pastries are locally crafted by Larder. Baking Co



vegetarian V

vegan VG

made-without-gluten IG

# LUNCH

11:00am-3:00pm



## BUILD-YOUR-OWN SANDWICH OR WRAP - \$12

All build-your-own sandwiches and wraps are freshly made and served with a house pickle, cherry pepper and house-fried sea salt + cracked black pepper Weiser Farms potato chips

### choose your bread

country sourdough, multigrain, marble rye, ciabatta, French roll, lavash, made-without-gluten bread, or keto bread

### choose your spread (up to 2)

mayo, Dijon mustard, fig jam, house dressing, Kenter Farm basil pesto with garlic, creamy vegan lime tzatziki, or hummus

### choose your protein

shaved ham, line-caught albacore tuna salad, hardwood-smoked pastrami, smoked turkey, applewood-smoked bacon, genoa salami, or grilled vegetables  
upgrade your sandwich and double the protein +\$3.50

### choose your cheese

Colby Jack, sharp cheddar, Swiss, provolone, American, dill Havarti, or brie (+\$1.50)


### choose your temp

fresh or pressed

### choose your toppings (up to 4)

Boston Bibb lettuce, peppery rocket arugula, Roma tomato, onion, granny smith apples, smashed Haas avocado, sauerkraut, pepperoncinis, sliced English cucumbers, or bell peppers

## LUNCH UPGRADES

add a side of cherry peppers.....	\$1
add a side salad to your sandwich.....	\$3
“make it a combo” and add fountain drink.....	\$1.50
“make it a meal” and add a side salad and fountain drink .....	\$3.75
upgrade to a side salad instead of chips.....	\$2
 substitute for “made-without-gluten” bread.....	\$1

# LUNCH

11:00am-3:00pm



## ENTRÉE SALADS

chopped power kale salad **V** - \$8

roasted walnuts, roasted peanuts, fresh local kale, organic golden and red Indian Harvest quinoa, garbanzo beans, red bell peppers, English cucumbers, red onion, medjool dates, house-made meyer lemon yogurt vinaigrette

grilled chicken Caesar salad - \$10

crisp romaine hearts, aged parmesan cheese, fresh lemon, hand-torn ciabatta croutons, house-made anchovy dressing

multigrain salad **VG** - \$8

Kenter Farms peppery rocket arugula, Indian Harvest grains, pomegranate seeds, CCD Farms sweet gala apples, house-made meyer lemon vinaigrette

Italian chop salad - \$10

baby romaine hearts, genoa salami, roasted chickpeas, red onion, grape tomatoes, fresh Di Steffano mozzarella, pepperoncini, red wine vinaigrette

## SIDE SALADS

coleslaw **VG** - \$4

hand-shaved County Line Farms cabbage, VR Greens Farm rainbow carrots, scallions, whole grain mustard dressing

marinated tomato salad **VG IG** - \$4

English cucumbers, torn Kenter Farms basil and parsley, shaved red onion, white balsamic vinaigrette

Weiser Farms Yukon Gold potato salad **VG IG** - \$4

sweet peas, scallions, red onion, apple cider dressing

spinach pasta salad **V** - \$4

Kenter Farms basil pesto with garlic, vine-ripened cherry tomatoes, aged parmesan, Santa Barbara County extra virgin olive oil

chopped power kale salad **V** - \$4

roasted walnuts, roasted peanuts, fresh local kale, organic golden and red Indian Harvest quinoa, garbanzo beans, red bell peppers, English cucumbers, red onion, medjool dates, house-made meyer lemon yogurt vinaigrette

build-your-own salad trio - \$12

choose any (3) selections from entrée or side salad menus to create your own salad trio!  
(modifiers are not able to be accommodated for this menu selection)



# LUNCH

11:00am-3:00pm



## SOUPS FROM SCRATCH

daily soup - \$3 cup/ \$4 bowl


daily vegetarian or vegan soup   - \$3 cup/ \$4 bowl


## BEVERAGES


	16oz	20oz
Groundworks regular and decaf coffee	\$2.65	\$3.00
fair-trade Numi Tea	\$2.45	
freestyle fountain beverages	\$2.00	\$2.45
house-made seasonal aguas frescas	\$2.65	\$3.00

## SWEETS

chewy chocolate chip cookie - \$3.75

walnut chocolate cookie  - \$3.75

double chocolate cookie  - \$3.75

triple chocolate brownie  - \$4.50

salted caramel brownie - \$4.50