

Sandos

TURKEY CIABATTA: turkey breast, Havarti cheese, avocado, lettuce, tomato, sliced red onion, cranberry mayo served on a ciabatta bun | \$12

GRILLED CHEESE & CHICKEN: grilled chicken breast, melted cheddar, bacon, apple slices and honey mustard served warm on whole grain bread | \$13

HAM & GRUYERE CROISSANT: thin sliced ham, gruyere cheese, arugula and apricot preserves served warm on a croissant | \$12

MEXICAN BEEF TORTA: thin sliced roast beef, monterrey jack cheese, sauteed onion & poblano pepper, pickled red onion, avocado and chipotle lime crema served warm on a ciabatta bun | \$14

BUFFALO CHICKEN WRAP: Buffalo-spiced chicken breast, Gorgonzola mayo, shredded carrots, chopped Romaine, shredded cheddar cheese in a spinach tortilla wrap. | \$13

CAPRESE: fresh mozzarella, vine ripened tomatoes, pesto, local greens with balsamic glaze served on fresh baked bread | \$12

SHRIMP BANH MI: Herbed Shrimp Cake with pickled daikon and carrot, sliced cucumber, fresh mint & cilantro with spicy sweet Thai chili mayo on a baguette and served with a side of nuoc mam (GF, DF) | \$14

Sides

Albacore Tuna Salad (GF, DF) | \$8

Egg Salad (GF, DF) | \$6

Green Salad | \$7

Fresh Fruit Cup (GF, DF) | \$7

Roasted Chicken Breast | \$5

Breakfast

BAGEL BREAKFAST SANDWICH: egg, cheese, garlic aioli with ham (GF upon request) | \$9

BREAKFAST BURRITO: egg, hashbrowns, beans, Mexican cheese, avocado, chipotle crema served with side of salsa | \$9

EGG OMELETTE: ham & cheese, spinach and cheese | \$6

OVERNIGHT OATS: GF oats & chia seed soaked overnight in coconut milk with fresh berries and topped with TERI granola (GF, DF) | \$7

FRESH FRUIT & YOGURT PARFAIT: fresh seasonal fruit paired with plain yogurt, drizzled with maple syrup and topped with TERI granola (GF, DF) | \$9

AÇAÍ BOWL: sweetened Açai purée, blueberries, bananas, strawberries, shredded sweetened coconut, cacao nibs, TERI granola, drizzled honey (GF, DF) | \$12

AVOCADO TOAST: Pesto spread, smashed avocado, sliced tomato, TERI microgreens, and fried egg on whole-grain bread | \$10

HOT OATMEAL: GF oatmeal served with hot water or steamed milk, and your choice of either blueberry & brown sugar OR raisin & cinnamon; add TERI granola for \$1 (GF, DF) | \$6

Salads

GRILLED CHICKEN CAESAR: grilled chicken breast, parmesan, house made garlic croutons, pumpkin seeds served on romaine lettuce with poblano Caesar dressing | \$13

MEDITERRANEAN CHICKPEA SALAD: cucumber, tomato, red onion, feta cheese, garbanzo beans, avocado and lemon parsley vinaigrette (GF, DF) | \$12

SOUTHWEST QUINOA SALAD: avocado, pickled red onion, black beans, corn, red pepper, tomato, jicama, quinoa served on a bed of greens with cilantro lime vinaigrette (GF, DF) | \$12

STUFFED SWEET POTATO: baked sweet potato, almond butter, banana, berries, maple syrup sweetened plain yogurt, hemp seeds and house made granola (GF, DF) | \$11

NIÇOISE SALAD: albacore tuna, boiled potatoes, green beans, boiled egg, kalamata olives, tomato on romaine and served with herbed vinaigrette (GF, DF) | \$13

CRUNCHY CHICKEN AND STRAWBERRY: Plantain crusted oven baked chicken breast, fresh strawberries, goat cheese, pistachios, fresh mint, green beans with a strawberry mint vinaigrette (GF) | \$13

Smoothies

GIMME MY GREENS:

pineapple, mango, avocado, spinach, ginger, almond milk; choice of MRM protein powder: matcha latté or vanilla | \$8

SNICKERDOODLE DATE SMOOTHIE:

dates, cauliflower, tahini, almond milk, cinnamon, vanilla; choice of MRM protein powder: cinnamon bun, vanilla, salted caramel | \$8

HEALTHY CARROT CAKE SMOOTHIE:

carrot, banana, pineapple, GF oats, almond butter, vanilla, cinnamon, coconut milk; choice of MRM protein powder: cinnamon bun, vanilla, salted caramel | \$8

COFFEE LOVER'S SMOOTHIE:

coffee, banana, peanut butter, cauliflower, almond milk, vanilla; choice of MRM protein powder: chocolate mocha or vanilla | \$8

CHERRY ALMOND SMOOTHIE:

cherries, banana, spinach, almond butter, almond milk, vanilla & almond extract; choice of MRM protein powder: vanilla or chocolate | \$8

AÇAÍ FRUIT SMOOTHIE: Blueberries, bananas, strawberries, unsweetened acai packet, GF oats, vanilla coconut yogurt, chia seeds, maples syrup, almond butter, your choice of milk, and vanilla or cinnamon bun MRM protein powder | \$8

*All smoothies are gluten-free; dairy free with milk substitute

MRM Nutrition products: moringa powder, beet powder, turmeric, spirulina, green banana powder | \$1

Beer & Wine

Beer* | \$6

Wine* | \$7

*selection may vary

Micheladas | \$8

SATURDAY SPECIALS

Mimosas | \$8

Mimosa Flights | \$16

Coffee

HOT DRINKS

	Sgl	Dbf	Trp	Qd
Espresso Shot	\$3	\$3.5	\$4	\$4.5
Esp. Macchiato	\$3.5	\$4	\$4.5	\$5

	12 oz	16 oz	20 oz
Cappucino	\$4	\$4.5	\$5
Hot Chocolate	\$3.5	\$4	\$4.5
Hot Tea	\$2	\$2.5	\$3

COLD DRINKS

	12 oz	16 oz	20 oz
Cold Brew	\$4	\$4.5	\$5
Blended Vanilla Caramel	\$4	\$4.5	\$5
Blended Mocha Cold Brew	\$4	\$4.5	\$5
Iced Tea	\$2.5	\$3	\$3.5

	12 oz	16 oz	20 oz
Café Latte*	\$4	\$4.5	\$5
Caramel Macchiato*	\$3.5	\$4	\$4.5
Café Americano*	\$3	\$3.5	\$4
Hammerhead*	\$3.5	\$4.5	\$5.5
Mocha*	\$4	\$4.5	\$5
Mexican Mocha*	\$4	\$4.5	\$5
Chai Latte*	\$4	\$4.5	\$5
Brewed Coffee*	\$2	\$2.5	\$3

*Available hot or cold

COMMON
GRUNDS
CAFÉ & COFFEE BAR