

BAGELS Plain, Everything, Onion, or Sesame

Plain	2.00
Cream Cheese	3.00
Peanut butter + Strawberry Jam	5.50
Butter + Strawberry Jam	5.50
Scrambled Egg	4.50
Scrambled Egg + Cheese	5.75
Sausage + Sliced Tomato + Cheese	6.25
Ham + Sliced Tomato + Cheese	6.25

Smoked Salmon Bagel 12
cold-smoked Norwegian salmon, cream cheese, sliced tomato, red onion, capers, dill pickle, lemon

Avocado Toast 12
chopped tomato, hard-boiled egg, sourdough toast

BREAKFAST BURRITOS

Served All Day. White or Whole Wheat Tortilla.
Substitute Egg Whites 1.50

Bacon + Egg + Cheddar + Pico de Gallo	7.50
Ham + Egg + Cheddar + Pico de Gallo	7.50
Pork Sausage + Egg + Cheddar + Potato Hash	7.50
Potato Hash + Egg + Cheddar + Pico de Gallo	7.50

Fiesta Breakfast Burrito 12
egg, grilled steak, refried beans, potato hash, pico de gallo, cheddar cheese, sour cream

FRESH PASTRIES

Fresh daily from Rockenwagner Bakery. Limited quantities.

Muffin	3.00
Banana Walnut Bread	3.00
Plain Croissant	2.75
Almond Croissant	3.75
Lemon Poppyseed Bread	3.00
Housemade Chocolate Cinnamon Brownie	2.50
Housemade Lemon Tart	9.00

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness

SANDWICHES

Whole Wheat, Rye, Sourdough, Baguette, Ciabatta, Flour Tortilla, Whole Wheat Tortilla, or Bagel. Served with dill pickle

Deli Smoked Turkey, Roast Beef, Corned Beef, or Black Forest Ham	10.25
dijon mustard, mayonnaise, lettuce, tomato, onion	
Tuna Salad, Chicken Salad or Egg Salad	10.50
dijon mustard, mayonnaise, lettuce, tomato, onion	
Grilled BBQ Chicken Sandwich	10.50
mayonnaise, lettuce, tomato, baguette	
Club Sandwich	13.00
smoked turkey, ham, bacon, swiss cheese, lettuce, tomato, mayonnaise, toasted sourdough	
BLTA	12.00
applewood smoked bacon, avocado, mayonnaise, lettuce, tomato, toasted sourdough	
Veggie + Avocado Sandwich	10.00
pesto, provolone, avocado, lettuce, tomato, onion	

Chicken Chingon IT'S LOADED!! 13.50
grilled chicken, provolone, avocado, lettuce, tomato, onion, garlic serrano aioli, ciabatta
housemade salsa, fresh serrano pepper, dill pickle

Grilled Chicken Sandwich	10.50
dijon mustard, mayonnaise, lettuce, tomato, onion	
Cajun Grilled Chicken Sandwich	10.50
dijon mustard, mayonnaise, lettuce, tomato, onion, blackened seasoning	
Tuna Melt	12.00
cheddar cheese, dijon mustard, mayonnaise, lettuce, tomato, onion toasted sourdough	
Reuben	10.50
swiss cheese, sauerkraut, 1000 island, toasted rye	
Cheesesteak Sandwich	12.00
grilled steak, provolone cheese, grilled red bell peppers, grilled onions, serrano aioli, baguette	
Grilled Cheese	7.50
cheddar cheese, toasted sourdough	
Pastrami	11.75
yellow mustard, lettuce, tomato, onion, toasted rye	
Lime Shrimp Salad* or Tilapia Filet*	11.75
serrano aioli, lettuce, tomato, onion	

SOUP

Tomato Soup	8.00
Soup of the Day	8.00
Poblano Chicken + Black Bean Chili	5.00 / 8.00

QUESADILLA

Provolone, Pico de Gallo, Grilled Onions and Peppers.
Sour Cream and Housemade Spicy Salsa served on the side
White or Whole Wheat Tortilla

Grilled Rocky® Free Range Chicken	11.00
Grilled Steak	11.50
Veggie	9.50
Shrimp	11.75
Cheddar, plain	8.00

NACHOS

Piled High. Tortilla Chips, Provolone, Refried Beans or Black Beans, Grilled Onions and Grilled Red Bell Peppers.
With Salsa, Sour Cream, and Pico de Gallo served on the side.

Refried Bean or Black Bean	9.75
Grilled Rocky Free Range Chicken	14.00
Grilled Steak	16.25
Shrimp	15.75

BURRITO

Cheddar, Refried or Black Beans, Spanish Rice, Grilled Red Bell Peppers, Grilled Onions. White or Whole Wheat Tortilla

Veggie + Avocado	10.00
Grilled Rocky® Free Range Chicken	10.50
Grilled Steak	11.00
Tilapia Filet	11.75
Black Bean	7.25
Lime Shrimp	11.75

FIESTA BURRITO

Refried Beans or Black Beans, Spanish Rice, Pico de Gallo, Lettuce, Sour Cream White or Whole Wheat Tortilla

Veggie + Avocado	10.00
Grilled Rocky® Free Range Chicken	10.50
Grilled Steak	11.00
Tilapia Filet	11.75
Lime Shrimp	11.75

SALADS AND WRAPS

Susan's Fav	12.00
baby kale, romaine, quinoa, kalamata olives, radish, avocado, citrus vinaigrette	
Chopped Veggie	12.00
carrots, celery, corn, mixed greens, garbanzo beans, parmesan, honey balsamic dressing	
Classic Caesar	11.00
romaine lettuce, parmesan, croutons, caesar dressing	
Chicken Cobb*	15.50
romaine, avocado, egg, tomato, blue cheese, applewood smoked bacon, sherry dressing	
California Chicken	18.00
romaine, cabbage, carrots, avocado, mandarin oranges, scallions, crispy wonton strips, cashews, cilantro, peanut dressing, sweet soy vinaigrette	
Greek Salad	12.00
chopped cucumber, tomato, kalamata olives, feta, mixed greens, herb vinaigrette, fresh lemon wedge	
Southwest BBQ Chicken	14.00
lettuce, tomatoes, black beans, corn, cucumbers, tortilla chips, ranch dressing	
Chicken Pesto Wrap	13.25
lettuce, avocado, tomato, onion, pesto	
Chicken Caesar Wrap	11.00
lettuce, parmesan, caesar dressing	
Chips + Salsa	2.00
Applewood Smoked Bacon	2.00
Cheddar, Provolone, Swiss, Pepper Jack	1.50
Grilled Chicken 4oz	4.00
Grilled Steak 4oz	6.50
Shrimp 4oz	6.00
Seared Tilapia Filet	6.50
Avocado	3.00
Refried Beans or Black Beans	1.00
Sour Cream	1.00
Guacamole	3.00
Pico de Gallo or Sliced Tomato	1.25
Housemade Spicy Salsa	.50
Extra Dressing	1.00
Grilled Red Bell Peppers + Onions	1.50
Substitute Lettuce Wrap for Bread	2.00

BOWLS

Poke*	14.50
ahi tuna, rice, tomatoes, edamame, cashews, ginger, green onions, sesame seed oil, rice wine vinegar	
Fiesta	9.75
potato hash, cheddar cheese, pico de gallo, lettuce, sour cream, avocado	
<i>add:</i> chicken 4.00 shrimp 6.00 steak 6.50 egg 2.50	
Açai	9.00
açai, strawberry, banana, apple juice, granola	

SIDES

	<u>CUP</u>	<u>PINT</u>
Chicken Salad	6.50	13.00
Tuna Salad	7.50	15.00
Egg Salad	6.50	13.00
Potato Salad	5.50	11.00
Red Quinoa + Feta Salad	5.50	11.00
Lime Shrimp Salad	12.00	24.00
Oven Roasted Vegetables	5.50	11.00
Mediterranean Chopped Salad	5.50	11.00
Refried Beans or Black Beans	3.00	6.00
Spanish Rice	3.00	6.00
Seared Tilapia Filet		6.50

FOSELMAN'S ICE CREAM & SORBET

ICE CREAM Vanilla, Strawberry, Cookies & Cream, Chocolate, Non-Fat Vanilla Yogurt

SORBET: Mango, Raspberry, Lemon

Single Scoop	3.50
2 Scoops	6.50
3 Scoops	8.25
Waffle Cone	no charge

PREMIUM SHAKES

Vanilla, Strawberry, Cookies & Cream, Chocolate

SMOOTHIES 6.50

Strawberry, Banana, Mango, Pineapple, Blueberry, Peanut Butter

POWDER BOOSTS

Protein, Collagen Peptides, Organic Alkaline Greens 1.50

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COFFEE & TEA

Groundwork certified organic, fairly traded, ethically sourced

	Small <u>12 oz</u>	Large <u>16 oz</u>
Regular & Decaf	2.25	2.75
Cappuccino	3.75	4.75
Latte	3.75	4.75
Mocha or Vanilla or Caramel Latte	4.75	5.50
Hot Vanilla	3.75	4.50
Hot Chocolate	3.75	4.50
Matcha Latte		5.25
Chai Tea Latte (Vanilla or Spiced)		5.25
Dirty Chai		5.50
Hot Tea		4.00
Americano		3.75
Red Eye		4.00
Café Au Lait		3.75
Espresso		3.00
Macchiato Espresso		3.50
Iced Coffee		3.00
Fresh Brewed Iced Tea		3.75
Iced Red Eye		4.00
Iced Mocha		5.50
Iced Vanilla		5.50
Iced Matcha Latte		5.25
Iced Chai Latte (Spiced or Vanilla)		5.25
Iced Latte		4.50
Blended Mocha		5.50
Blended Vanilla		5.50
Blended Chai		5.25
Blended Caramel		5.50
Collagen Peptides Boost or Protein Boost		1.50
Extra Shot		2.00
Oat Milk or Almond Milk		1.00

CHEF GONZALO'S HOUSEMADE PRODUCTS

Caesar Dressing 8oz	6.00
Sherry Dressing 8oz	
Honey Balsamic Dressing 8oz	
Lime Dressing 8oz	
BBQ Sauce 8oz	

In the freezer section:

Quart Housemade Vegetable Stock	7.00
Quart Housemade Chicken Stock	7.00

SHACK

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SONOMA COUNTY ROCKY® CHICKEN

No Antibiotics, No Hormones
Humanely Raised, 100% Vegetarian Fed
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