

BREAKFAST - HOT
Breakfast Avocado Toast (HK)
Croissant Sandwich
Vegetable and Egg Wrap
Breakfast Special of the Day
Best Oatmeal Ever (HK)
BREAKFAST - COLD SELECTIONS
Yogurt Thrive 5 Parfait
Fresh Fruit
SMOOTHIES
Chocolate Laced Blueberry Cherry Smoothie (HK)\$5.85 Yogurt, banana, cherries, blueberries, cocoa powder, almond butter, and sea salt
Triple Berry Protein Shake (HK)
SOUPS
French Onion Soup
Soup of the Day
QUICHE SELECTIONS
Leek, Lemon and Feta Quiche (HK)\$8.75  Leeks, extra virgin olive oil, half and half, eggs, feta cheese, zest of lemon, kosher salt, black pepper, all baked in a tender flaky pie crust. Served with a side salad of assorted greens and a light dressing
Quiche of the Day

## **SALADS**

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Bistro Salad		
Key Lime Mango Crab Cake Salad		
Chinese Chicken Salad (HK)		
SANDWICHES		
Served with house-made potato chip and cole slaw		
Turkey BLT		
Gulf Crabcake Sandwich		
Grilled Chicken on Flatbread		
Curried Chicken Salad (HK)		
SWEETS		
Ridiculously Good Triple Chocolate Brownie (HK)		
Blondie Bar		
Over-sized Cookie		
BEVERAGE		
Caramel Macchiato \$4.75	Cappuccino	
Café Latte	Coffee & Decaf	
Espresso / Double	Juice	
Hot Tea, Black or Herbal \$2.50	Soda	