

Breakfast

Breakfast Served
Weekdays 8 AM - 11 AM
Saturday & Sundays 8 AM - 2 PM



Breakfast Sandwiches

All sandwiches, except *The Classic* are served with a side of roasted red rosemary potatoes. Cheese choices for sandwiches: American, Cheddar, Pepper Jack, Monterey Jack, Mozzarella, Brie, & Smoked Gouda. Gluten-free (add 75¢)

GF The Classic • \$4.25

Two eggs done your way, with your choice of cheese on a toasted brioche roll.

Add your choice of: uncured ham, bacon, sausage, vegetarian sausage, or chorizo **\$5.25**

GF The Soho Sandwich • \$7.95

Avocado, asparagus, & egg over medium on grilled Tuscan bread.

GF Bird In a Basket • \$6.95

Two eggs, fried into two slices of fresh organic sprouted grain bread. With your choice of: uncured ham, bacon, sausage, vegetarian sausage, or chorizo **\$8.45**

GF Green Eggs & Ham • \$8.45

Open faced sandwich with over medium egg, organic spinach, and uncured ham topped with caramelized onion and smoked Gouda, on organic sprouted grain bread.

GF The New Yorker • \$9.95

Smoked salmon, cream chesse, capers, red onions, cucumber and tomato on toasted brioche.

GF Parisian Morning Sandwich • \$8.45

Eggs over medium, Brie, thick cut bacon, organic spinach and a touch of organic preserves, on grilled Tuscan bread.

Free Range Eggs

Our eggs come from free range chickens, sourced when possible from Lancaster area farms.

All eggs are served with toast and roasted red rosemary potatoes.

Bread choices for toast include: Tuscan, organic grain, rye and gluten free. Gluten-free (add 75¢)

GF Sunrise Breakfast • \$4.95

Two eggs, toast and red rosemary potatoes. With your choice of: uncured ham, bacon, sausage, vegetarian sausage, or chorizo

\$6.75

GF Rancho Omelet • \$8.95

Filled with a bit of kick from pepper jack cheese, organic black beans, caramelized onion and chorizo sausage, with salsa and sour cream on the side.

GF Twisted Western Omelet • \$8.95

Ham, green peppers, onions, Swiss cheese, thyme & rosemary.

GF Steak and Eggs Skillet • \$10.95

NY Strip steak, onions, peppers and cheese with two eggs, cheese and potatoes baked in a skillet.

GF Ultimate Veggie

Omelet • \$7.95

Broccoli, green pepper, onion, mushroom, tomato, basil & cheddar.

GF Mediterranean

Omelet • \$7.95

Tomato, oregano, feta cheese, organic spinach & black olives.

GF Maryland Omelet • \$9.95

Lump crab, asparagus & Monterey Jack cheese.

GF New York Omelet • \$9.95

Smoked salmon, cream cheese, capers & red onions.


GF Down Home

Omelet • \$8.95

Ham, sausage, bacon, green peppers & onions.

GF Own It Omelet • \$8.95

Your choice of five items. Choose from: bell peppers, broccoli, mushrooms, onion, olives, bacon, uncured ham, sausage, vegetarian sausage, chorizo, feta cheese, goat cheese, cheddar, Monterey Jack, smoked Gouda, Brie, blue cheese & mozzarella. (Additional items \$1.00 each).

GF Gluten Free options available, please advise your server. Vegetarian dish or vegetarian option available. 

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Breakfast Crepes

Gluten-Free (add .75)

Perfect Parfait Crepe **GF** • \$5.95

Yogurt sweetened with honey, apples, raisins and oats topped with cinnamon, sugar and flax seed if you choose

Meadow Basket • \$5.95 **GF**

Strawberries, mint and goat cheese topped with honey and sunflower seeds.

Create Your Own • \$2.95

(Choose from list)

Add egg (Each 1.50)

Add meat (Each 1.50)

Add cheese (Each 1.00)

Add vegetables (Each .50)

Add herb infusion/preserve (Each.50)

Farm Fresh • \$7.95 **GF**

Egg, ham, mushroom, onions and cheese.

Log Cabin • \$7.95 **GF**

Bacon, egg, cheese and organic maple syrup.

Italian • \$6.45 **GF**

Egg, tomato, mozzarella and basil.

With sausage. • \$7.95 **GF**

Egg And Cheese • \$5.50 **GF**

With choice of meat. • \$6.95 **GF**

Greek • \$6.45 **GF**

Egg, tomato, spinach, feta and olives.

Meat Choices

Bacon, Ham, Sausage, Vegetarian Sausage, Chorizo.

Cheese Choices

American, Swiss, feta, goat, cheddar, smoked Gouda, Brie, cream cheese.

Vegetable Choices

Spinach, tomatoes, onions, green peppers, jalapeno peppers, mushrooms, asparagus, broccoli.

Herb Choices

Oregano, basil, dill, rosemary

Breakfast Entrees

Seasonal toppings available, ask your server

GF Cinnamon

French Toast • \$7.45

Made with locally baked cinnamon bread, local free-range eggs, and organic whole milk, served with organic maple syrup.
Raisins available upon request.

GF Ancient Grain

Pancakes (2) • \$6.45

Served organic maple syrup.

GF Homemade Baked

Oatmeal • \$4.95

Made with organic oatmeal, organic juices and fresh fruits.
Served with 2 oz. organic whole milk.

GF Blueberry or

Chocolate Chip Ancient

Grain Pancakes (2) • \$7.45

Served with organic maple syrup.

Fresh Fruit Cup • \$3.95

Fresh seasonal fruits, naturally sweetened with fruit juices and honey.

Children's Breakfast

All children's breakfasts come with your choice of organic beverage (whole milk, skim milk, soy milk, orange juice or apple juice) & a small side of fruit.

GF Sunrise • \$5.45

One egg, one slice of toast, one piece of sausage, bacon, or vegetarian sausage. Served with roasted red rosemary potatoes.

GF Ancient Grain Pancake

• \$5.45

Plain, blueberry, or chocolate chip.
Served with organic maple syrup.

GF French Toast • \$5.45

Made with locally baked cinnamon bread, local free-range eggs, and organic whole milk, served with organic maple syrup.
Raisins available upon request.

Breakfast Sides

Fruit Cup (seasonal) • \$3.95

Red Rosemary Potatoes • \$2.95

Ham, Bacon,

Sausage, Vegetarian Sausage,
or Chorizo • \$2.75

Free Range Egg


1 Egg (any style) • \$1.75

2 Eggs (any style) • \$2.75

Toast (2 slices) Organic sprouted grain,

Tuscan or Rye • \$1.50

Gluten free • \$2.00

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Lunch & Dinner

Every Day After 11 AM

Soup Of The Day
\$4.25 / \$4.75



Appetizers & Sides

Brie Cups (8) • \$6.95

Brie & preserves in a phyllo dough cup.

Broccoli and Cauliflower Fritters

(12) • \$7.95 (6) • \$4.95

Served with your choice of our handcrafted ranch dressing or cucumber yogurt sauce.

Falafel

(12) • \$7.95 (6) • \$4.95

Served with cucumber yogurt sauce.

Poppers

(12) • \$7.95 (6) • \$4.95

Mac & Cheese or Cordon Bleu

Zucchini Sticks

(12) • \$7.95 (6) • \$4.95

Served with your choice of marinara or ranch dressing.

Hummus Trio • \$9.95

Our own freshly made organic Tahiti, roasted red pepper and featured hummus. Served with whole grain pita bread, organic carrots and celery.

The Garden Platter •

\$8.95

Broccoli & cauliflower fritters (4 pieces), zucchini sticks (4 pieces), falafels (4 pieces).

Served with cucumber yogurt, marinara & ranch sauces.

Loaded Steakhouse

Fries • \$7.95

Topped with Monterey Jack cheese & crumbled bacon. Served with homemade ranch dressing.

Flatbreads

Gluten-free add .75

Barbeque Chicken

• \$8.45

With onions, cheese & BBQ sauce.

Margarita • \$7.45

Tomato, mozzarella & basil drizzled with balsamic.

Pull Chipotle Pork


• \$8.95

French Fries • \$4.95/\$2.95


Fruit Salad • \$3.95

Spring Salad • \$3.95

You Pick Two

Take your choice of two items from our Soup (Cup), Salad (1/2 Order), Sandwich / Wrap (1/2 Order) selections. You Pick Two Salads and Sandwiches are labeled with a .

Your Two Favorites • \$8.95

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Salads

A four ounce serving of chicken (add \$3.95) or strip steak (\$4.95) can be added to any of our salads.

Dressing choices: Italian, Greek, Caesar, Cranberry Poppy Seed, Handcrafted Ranch, Handcrafted Chipotle Ranch, Handcrafted Raspberry Vinaigrette & Handcrafted Balsamic Vinaigrette.

Power Dragonfly • \$8.95

Organic quinoa with craisins, cucumber, sunflower seeds and feta on a bed of organic spring greens. Served with organic chickpea hummus and pita wedges.

Grilled Chicken

Caesar • \$8.95

Grilled chicken breast on top of lightly grilled romaine heart with Parmesan cheese, croutons and tomatoes with Caesar dressing.

Classic Garden • \$7.95

Organic Spring Mix with cucumber, tomato, red onion, sunflower seeds and shredded cheddar cheese.

Curried Tuna • \$9.95

With chilled lightly curried tuna, fresh apples & craisins on a bed of organic spring greens.

Cobb • \$9.95

Organic greens topped with broccoli, cauliflower, cucumbers, black olives red onion, bacon crumbles, turkey and hard boiled free range egg.

Greek • \$7.95

Organic greens topped with black olives, tomatoes, cucumber, feta and pepperoncinis.

Chicken Apricot • \$9.95

Baked chicken breast meat, with bell pepper, red onions and dried apricots on a bed of organic greens.

Roasted Beet & Orange • \$9.95

Organic greens topped with organic beets, sunflower seeds, feta, mandarin oranges and red onions served with raspberry vinaigrette.

Strawberry &

Spinach • \$8.95

Organic spinach, fresh cut strawberries, red onion, sunflower seeds and goat cheese with our homemade raspberry vinaigrette.

Buffalo Chicken • \$9.95

Chilled chicken breast meat, dressed in homemade buffalo dressing on a bed of organic greens with blue cheese crumbles and thinly sliced red onions.

Pittsburgh Steak • \$10.95

Grilled marinated flank steak, tomatoes, peppers, red onion and cheese topped with fresh cut fries.

Sauteed Salad • \$9.95

Your choice of hummus, topped with sautéed bell peppers, mushrooms, onions, broccoli, carrots & cauliflower.

Quesadillas

Made with whole grain tortillas. All quesadillas come with sour cream, salsa, and chipotle ranch on the side.

Five Cheese • \$7.50

American, Cheddar, Monterrey Jack, Mozzarella, and Pepper Jack.

Chicken • \$9.95

Five cheeses, onion, peppers, chicken.

Veggie • \$7.50

Five cheeses, corn, black beans, black olives, onions, peppers, mushrooms.



Beef • \$10.95

Five cheeses, onions, peppers, and NY Strip steak.

Chipotle Pulled Pork • \$9.95

Five cheeses, pulled pork.

A side of avocado is available for \$1.50.
Gluten free tortillas are available (add \$1.00.)

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Sandwiches & Wraps

*Sandwiches served with a side salad of the day.
Gluten free bread is available (add 75¢).*

Pear & Smoked Gouda

• \$8.45 GF ✨

With caramelized onions grilled on Tuscan

Apricot Chicken Salad

• \$8.45 GF ✨

Baked chicken breast meat, with bell peppers, red onions and dried apricots on a wrap.

Veggie & Hummus

• \$6.95 GF 🥕 ✨

Roasted red pepper hummus, carrots, cucumbers, tomatoes, avocados and organic greens on a wrap.

Chicken Cordon Bleu

• \$8.45 GF

Chicken breast, ham, Swiss served with tomato, greens and mustard dressing on a toasted brioche roll.

Turkey Caprice

• \$8.45 GF ✨

Smoked turkey fresh mozzarella, baby spinach, roma tomatoes & basil pesto mayo on a wrap.

Chipotle Pork • \$8.45 GF

Pulled pork with homemade chipotle BBQ sauce on a toasted brioche roll.

Jacked Up BLT

• \$8.45 GF ✨

Bacon, turkey, spinach, Swiss cheese tomato and homemade ranch dressing grilled on Tuscan.

Falafel Wrap • \$7.95 GF

Falafel, greens, carrots, cucumber and onion, cucumber yogurt sauce and tomato served on a spinach wrap.

Float Wrap (W) • \$7.95 GF

Grilled chicken, greens, parmesan cheese, tomatoes & Caesar dressing on a wrap.

Grilled NY Strip

Cheesesteak • \$9.45 GF

Grilled NY Strip steak, with American cheese, onions and bell peppers. Served on a toasted brioche roll.

Buffalo Chicken

• \$8.45 GF ✨

Grilled chicken breast thinly sliced with buffalo sauce and blue cheese crumbles on a wrap.

Curried Tuna • \$8.95 GF ✨

Lightly curried tuna, fresh apples, dried cranberries, and lettuce served on organic rye bread.

Grilled Five Cheese

(G, P) • \$7.45 GF ✨

American, Cheddar, Monterey Jack, Mozzarella, & Smoked Gouda.

The New Yorker • \$9.95 GF

Smoked salmon, cream cheese, capers, red onions, cucumbers and tomatoes on a toasted brioche roll.

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Burgers

(Saturdays & Sundays available after 2pm)

Beef burgers feature 90% lean Angus beef on a toasted brioche roll and are cooked medium, medium well or well done. Served with fresh greens, tomato. All burgers available as "naked," served on a bed of organic salad greens. (add \$1.00)
Gluten free buns available (75¢).

All American Burger • \$7.95 GF
Add your choice of cheese for \$1.00

Santa Fe Burger • \$8.95 GF
With pepperjack cheese, salsa and sour cream.

Remy Burger • \$9.95 GF
With bacon, cheddar cheese and caramelized onions.


Mushroom Burger • 8.95 GF
With sautéed mushrooms, onions and smoked Gouda.

California Burger • \$10.95 GF
With avocado, bacon and an egg over medium.

Texas Burger • \$9.95 GF
With bacon, blue cheese, sautéed onions with our own handcrafted chipotle ranch sauce.


Armadillo Burger • \$8.95 GF
With jalapeno, cream cheese, bacon and mushrooms.


California Vegan Burger • \$8.95 GF 
Organic quinoa and sweet potato burger, topped with avocado.

Mushroom Vegan Burger • \$8.95 GF 
Organic quinoa and sweet potato burger, sautéed mushrooms and caramelized onions.


Mac & Cheese

Our Mac & Cheese is made with multigrain pasta and 2% milk. They're served fresh from the oven in a hot skillet. A gluten free version is available (add \$1.00)

Classic • \$7.95 GF 
All the flavor, with the wholesome goodness of whole grains and lower fat.

Mediterranean • \$8.95 GF 
Featuring goat cheese, black olives, tomatoes, sautéed organic spinach.

Cheeseburger • \$8.95 GF
We use the same 90% lean Angus beef in our burgers.

Garden Lite • \$8.95 GF 
Garden fresh bell peppers, mushrooms, onions & broccoli.

Bacon Cheeseburger • \$9.95 GF
90% lean Angus beef and bacon crumbles.

Chipotle Pulled Pork • \$9.95 GF
Pulled pork in homemade chipotle BBQ sauce. Served with marinated chipotles on the side.

Santa Fe • \$8.95 GF 
Featuring black beans, pepper jack cheese, and salsa. Topped with jalapeños if you like.

Buffalo Chicken • \$9.95 GF
Natural chicken breast meat and Buffalo sauce. Topped with crumbled blue cheese if you like.

Lump Crab & Asparagus • \$9.95 GF
Delicious lump crab meat with fresh asparagus.

Stewed Tomatoes • \$1.95

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Savory Crepes

Gluten-free - add .75

Notre Dame • \$8.95

Sausage, caramelized onions, apples, spinach and goat cheese.

La Seine • \$9.95

Smoked salmon, dill, hard-boiled egg cubes, red onions and cream cheese.

Arc De Triomphe • \$8.95

Ground beef, marinara, mozzarella, mushrooms and onions.

Sacre Coeur • \$8.95

Turkey cordon bleu (turkey, ham, Swiss, Dijon mustard)

La Tour Eiffel • \$8.95

Chicken, broccoli, tomatoes and parmesan cheese.

Cherbourg • \$6.95

Brie and apple.

Vegetarienne • \$7.95

Spinach, tomatoes, onions, mushrooms.

Children's Entrees

All children's' entrées are served with your choice of organic carrot sticks, organic apple sauce or a fruit cup and choice of organic milk (whole, skim or soy), organic orange juice or organic apple juice.

SB & J • \$5.45

Sunflower seed butter, organic jam or marshmallow fluff, on whole wheat bread.

Chicken Strips • \$5.45

Natural chicken strips.

Mac & Cheese • \$5.45

Made from scratch with whole grain pasta.

Grilled Cheese

Sandwich • \$5.45

Classic grilled cheese with American cheese and whole grain bread.

Cheese Quesadilla

\$5.45  

Mild cheddar cheese on a whole wheat organic wrap, lightly toasted with black beans added at your request.

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Desserts & Beverages



Dessert Crepes

Gluten-free - add .75 **GF**

Sugar • \$3.95

Powered, brown or cinnamon sugar.

Lemon & Butter • \$3.95

Chocolate • \$4.95

Chocolate & Banana • \$5.95

Chocolate & Strawberry • \$5.95

Dulce De Leche • \$4.95

Caramel

Apples & Cinnamon • \$4.95

Caramel Apple • \$5.95

Marshmallow • \$4.95

Chocolate & Caramel • \$5.95

Strawberries/Bananas

& Creme • \$6.95

Strawberry Cheesecake • \$6.95

S'mores • \$6.95

Chocolate, marshmallow, graham cracker crumbs.

Beverages

Coffee & Espresso

Espresso drinks are made with organic milk (whole, skim, soy). Additional espresso double shots are 75¢. Add a flavored shot for 50¢. All items are available iced.

Brewed Coffee • \$2.50

Dark, medium or decaffeinated. Bottomless cup.

Espresso Double Shot • \$2.50

Americano • \$2.75

Latte • \$3.50

Flavored Latte • \$3.95

Cappuccino • \$3.25

Flavored Cappuccino • \$3.50

Steamers • \$3.75

Made with organic milk (whole, skim, or soy) and a shot of your favorite flavor.

Loose Leaf Teas • \$2.95

Over 50 varieties. Please ask your server for our current list.

Lavender Fog • \$3.95/4.95

Lavender Earl Grey with steamed organic milk and vanilla.

Organic Chai Latte

• \$3.95/4.95

"Dirty" add 75¢.

Unsweetened Iced Tea • \$2.25

Power Iced Tea • \$3.25

Iced tea and chia

Fresh Squeezed

Lemonade • \$2.50

Power lemonade • \$3.25

Lemonade and chia

Organic Orange Juice • \$2.50

Organic Apple Juice • \$2.50

Organic Milk • \$2.50

Whole, Skimmed, or Soy

Soda • \$2.50

Appalachian Brewing Natural Soda

San Pellegrino (IL) • \$4

Italian Soda • \$3.50

Seltzer, flavor and cream.

Frozen

Hot Chocolate • \$4.50/4.95

Plain, mint, banana, strawberry

Smoothies

Classic Smoothies • \$4.25

Fruit puree sweetened with sugar. Antioxidant/blueberry/acai/pomegranate, Wildberry, Mango, Strawberry/banana, Pina Colada, Peach.

Superfood Smoothies • \$5.95

All natural, no sugar added.

O'Abba

Orange, apple, banana, beet, acai.

Emerald

Cucumber, mint, spinach, banana hemp powder, agave.

Chaser

Blueberries, spinach, strawberries, banana, maca.

Darter

Mango, pineapple, coconut, orange, banana, gogi berries.

D-fly

Butternut squash, mango, banana, hemp.

Skimmer

Dates, apple, banana, flax.

3BG

Berries, beet, banana, gogo berries.

Golden

Carrot, ginger, banana, chia.

Green Garden

Avocado, spinach, celery, banana, ginger, cucumber, wheat grass.

"Float-T"

Cranberry, cherry, banana, flax.