

BREAKFAST

available all day

- | | | |
|---------------------|--|-------------|
| 1 Good Start | Naturally nested egg, choice of protein (seitan, bacon, or sausage) and cheese (cheddar, swiss, or pepper jack) on a bagel or English muffin | 4.75 |
| 2 SQ Biscuit | Biscuit sandwich with bacon, sausage, or seitan, egg and cheese (cheddar, swiss, or pepper jack) | 3.75 |



BAKED GOODS

fresh baked

- | | | |
|---------------------------|--|-------------|
| Bagels | Daily selection, w/butter 1.75 , w/cream cheese 2.00 | 1.25 |
| Croissants | Daily selection | 3.75 |
| Muffins | Vegan power, vegan blueberry, Marionberry, seasonal | 3.00 |
| Stuffed Croissants | Ham & swiss, Noisette assorted | 4.50 |
| Quiche | Ask for today's flavors | 5.25 |
| Scones | Potato cheddar, chocolate cherry, seasonal | 3.25 |
| Cookies | Assorted | 2.00 |
| Bars | Assorted | 3.00 |

SANDWICHES

made to order

- | | | |
|---------------|---|---|
| Breads | <ul style="list-style-type: none"> • Hideaway Sourdough • Franz Organic Multigrain • Organic English Muffin • Franz Gluten Free | <ul style="list-style-type: none"> • Noisette Baguette • Humble Bagel • Hideaway Rye |
| Extras | <ul style="list-style-type: none"> • Cheese: Mozzarella, Pepper Jack Swiss, Chèvre, Cheddar (add 75¢) • Veggie: Avocado, Tomato, Lettuce, Red Onion, Roasted Vegetables (add 50¢) • Meat (add \$2.00) | |

Cold

- | | | |
|----------------------------|---|-------------|
| 3 Vegan BLT & A | Fakin' bacon tempeh, lettuce, tomato and avocado on toasted sourdough | 7.50 |
| 4 Basilian | Fresh mozzarella, artichoke-olive spread, fresh basil, lettuce and tomato on a baguette | 7.50 |
| 5 Classic Turkey | Oven-roasted turkey, swiss, bacon, lettuce and tomato on sourdough | 8.00 |
| 6 BLT + A | Bacon, lettuce, tomato and avocado on toasted sourdough | 7.50 |

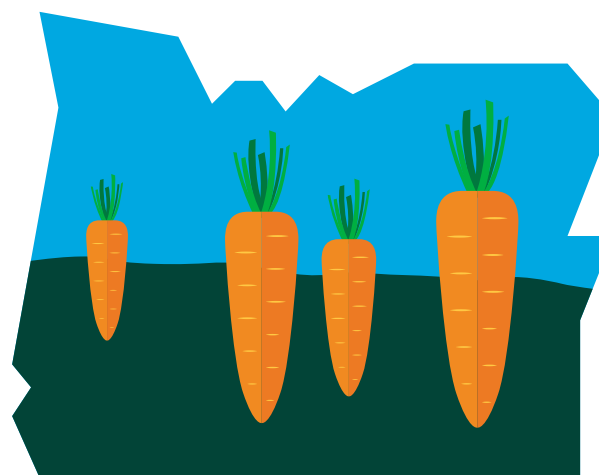
Hot

- | | | |
|--------------------------|---|-------------|
| 7 The Northwester | Northwest roasted vegetables, chèvre cheese and fresh basil on a baguette | 7.50 |
| 8 Tempeh Reuben | Smokey tempeh reuben with swiss cheese, sauerkraut and 1000 island dressing on rye | 8.00 |
| 9 Hammy | Ham, Tillamook® Cheddar, apple slices and dijon mustard on rye | 8.00 |
| 10 Spicy Turkey | Oven-roasted turkey, Tillamook® Cheddar, avocado, tomato and chipotle mayo on sourdough | 8.00 |

SALADS

made with locally-grown produce

- | | | |
|--------------------------|--|--|
| Dressings | <ul style="list-style-type: none"> • Ranch • Balsamic Vinaigrette • 1000 Island | <ul style="list-style-type: none"> • Goddess • Bleu Cheese |
| Green Eugene | Avocado, fresh mozzarella, tomato, carrot, cucumber, red onion on organic mixed greens | 7.00 |
| Willamette Medley | Northwest roasted vegetables, toasted hazelnuts, chèvre cheese on organic mixed greens | 7.00 |



Local, sustainable, fresh and seasonal ingredients.

SWEET TREATS

locally made

- | | | |
|--|---|-------------|
| Brownies | Cream cheese, double fudge, peanut butter fudge turtle, date oat spelt, 7 layer | 3.25 |
| Black Bottom Cupcake | | 4.50 |
| Nipple of Venus | | 3.25 |
| Chocolate Dipped Caramel Shortbread | | 4.75 |
| Peanut Butter Cup | | 3.00 |
| Pecan Chewy | | 3.00 |
| Lemon Bar | | 3.00 |
| Pumpkin Cookie | | 3.50 |
| Cream Puff | | 5.25 |
| Chocolate Dipped Macaroon | | 3.25 |
| Cupcake of the Month | | 3.50 |
| Eclair | | 3.50 |
| Cheesecake of the Week | | 4.75 |

OUR ETHOS

We're proud of our ingredients. We source local, sustainable, and seasonal ingredients as much as possible. Please ask us about our superior products.

Our items are sourced from local vendors: Sweet Life, Noisette, Humble Bagel, Sweet Dreams Bakery and others.