

Breakfast served everyday

Umpqua Oatmeal \$3

Breakfast Bagel Sandwich* \$3
egg, cheddar, ham

Bagel & Cream Cheese \$2
wheat or blueberry

Smoothies

Made from vegan/gf protein, coconut oil,
fresh fruit, frozen fruit, & water

Strawberry Banana \$4.50

Mixed Berry \$4.50
*blueberry, raspberry,
strawberry, banana*

Rainbow Power \$5
*lime, spinach, peach,
pineapple, banana,
strawberry*

We offer products with peanuts, tree nuts, soy, milk, eggs and wheat. While we take steps to minimize the risk of cross contamination, we cannot guarantee that any of our products are safe to consumer for people with peanut, tree nut, soy, milk, egg or wheat allergies.

Lunch weekdays only

Ciabatta or Wrap* w/ chips \$6
Ham, Turkey or Feta Hummus w/ salad \$7.50
greens, tomato, onion

Garden Salad *full* \$6
greens, tomato, onion, croutons *half* \$3

Greek Salad *full* \$6
greens, tomato, onion, feta, olives *half* \$3.50

PB & J with 1 snack \$3.50

Grilled Cheese with 1 snack \$4

Hummus & Chips \$4

Toddler Trio \$2
*Goldfish Pretzels
PLUS 2 snacks*

Big Kid Snack \$3.50
*Pick 1: juice, milk, or water
PLUS 3 snacks*

Snacks: String cheese, Go-gurt, Chips,
Veggie Straws, Applesauce

*Gluten Free wrap available for an additional \$1