



**BREAKFAST (SERVED ALL DAY!)**  
**(YES, WE HAVE GLUTEN FREE WRAPS)**

**Toasted Bagels \$5** - Plain/Everything  
**Plain Cream Cheese \$3/ Butter \$2/ Jam \$2/ Peanut Butter \$3**  
**House made veggie cream cheese \$4**

**Bigfoot Bagel Sandwich \$20** - Fried egg, sliced roasted turkey, sharp cheddar cheese, cream cheese, sliced Roma tomato, Chipotle aioli🔥 and fresh spinach, served on

**STOP!**

**CHOOSE EVERYTHING OR PLAIN BAGEL**

**McFly Muffin \$18** - Fried egg, smoked Gouda cheese, turkey sausage, house-made veggie cream cheese and fresh spinach on a toasted English Muffin

**Veggie McMuffin \$18** - Veggie patty, avocado, tomato, cheddar cheese, chipotle aioli🔥 and fresh spinach on a toasted English Muffin

**Turkey, egg and cheese Croissant - \$17**

**Turkey and cheese Croissant - \$15**

**Egg and cheese Croissant - \$13**

**KEY: Spicy=🔥 VEGAN=V Gluten Free=GF Nut free=NF**

\*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.



**WRAPS & PANINIS (Served all day)**  
**(YES, WE HAVE GLUTEN FREE WRAPS)**

**Turkey Melt \$22** - Sliced oven roasted turkey, sharp cheddar cheese, tomato and spinach.

**STOP!**

**CHOOSE FRENCH LOAF OR WHOLE WHEAT WRAP**

**STOP!**

**CHOOSE SAUCE: BASIL PESTO/ GARLIC AIOLI/ CHIPOTLE**

*Chipotle Aioli= VG/GF/NF/🔥*

*Garlic Aioli =GF/NF/VG*

*Basil pesto=VG/GF/NF*

**Beef Pastrami Reuben - \$23**

Sliced beef pastrami, Swiss cheese, house made Kraut, Buddha dressing on rye bread

**Fly Hot Honey Chicken Sandwich- \$23**

Seasoned grilled chicken, cheddar cheese, tomato, red onions, green leaf served on French Loaf with our house made hot honey

**Sweet Potato Wrap - \$22** - Roasted sweet potato, feta cheese, tomato, hummus, chipotle aioli🔥and fresh spinach in a whole wheat wrap

**Vegan Buddha Wrap \$22** - Veggie patty, vegan cheese, baked plantains, tomato, red onion, spinach & vegan Buddha dressing in whole wheat wrap

**Grilled Cheese \$8** - Cheddar cheese on a French loaf

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**DON'T SEE WHAT YOU LIKE? BUILD YOUR OWN!**

**Pick your Bread: \$5** Plain bagel/ Everything bagel/ Croissant/ Sliced rye/  
English muffin/ French loaf/ Whole wheat wrap/ Gluten free wrap

**Pick your Cheese: \$3-** Cheddar/ Smoked Gouda/ Swiss/ Feta/ Vegan Sliced  
cheese/ Cream cheese/ Housemade Veggie Cream cheese

**Pick your Proteins:** Fried egg **\$3/** Sliced turkey **\$4/** Turkey sausage **\$4/**  
Veggie patty **\$5/** Beef Pastrami **\$6/** Hummus **\$3/** Grilled chicken **\$9**

**Pick your Veggies:** Tomato **\$2/** Spinach **\$2/** Avocado **\$4/** Sliced red onions  
**\$2/** Roasted Sweet potato **\$4/** Baked, diced Plantains **\$3**

**Pick your House Made Sauce: \$2-** Chipotle Aioli/ Basil Pesto/ Garlic Aioli/  
Vegan Buddha Dressing, Vegan Mayo

## **FROZEN DRINKS -\$14**

**FROZEN NATURAL LEMONADE W/ FRESH FRUIT COULIS OF THE DAY**

**SMOOTHIE OF THE DAY**

**ORGANIC COFFEE DRINKS (HOT OR ICED)**

**ALL ESPRESSO DRINKS COME WITH 2 SHOTS!**

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**AMERICANO - \$5.25**

**CUBANO \$9 – Espresso over organic brown sugar, milk choice**

**STARBY'S \$11.50 – Espresso with caramel & vanilla syrup, caramel sauce, milk choice.**

**CORTADO \$7.75 – (aka flat white), Espresso, equal parts milk choice**

**MATCHA LATTE - \$10 – Unsweetened matcha, milk choice**

**MOCHA \$10 - Espresso with chocolate sauce, milk choice**

**LATTE \$9.50 - Espresso with your choice of milk**

**ICED COFFEE \$5.25 - Chilled organic brewed coffee, milk choice**

**CHAI LATTE \$9.50- House made Chai, milk choice**

**CHAI EPRESSO \$12 - House made Chai, Espresso, milk choice**

**CAPPUCCINO \$9 – Espresso, milk choice**

**RED EYE \$10 - Espresso, with coffee, milk choice**

**ESPRESSO - \$5.25**

**HOT CHOCOLATE \$5.25- Chocolate sauce, milk choice**

**MILK OPTIONS:**

**Cow's milk/ Half & Half/ Almond/ Oat/ Coconut**

**SYRUP FLAVORS: \$1.50**

**Vanilla (SF)/ Caramel (SF)/Peppermint/ White chocolate/ Chocolate/ Hazelnut/ Almond/ Lavender/ Coconut /  
Pumpkin Spice**

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