

MORNING BITES

Seasonal Oats 7.50
[whole grain oats, seasonal fruit & toppings]

Avocado Toast 7.50
[mashed avocado spread on house focaccia]
+ Add an egg for \$1.50

Breakfast Sandwich 8.00
[bacon or sausage, egg, cheddar]

Yogurt Parfait 8.50
[honey greek yogurt, fresh fruit, granola, local honey]

The Original Breakfast Burrito 7.50
[house potatoes, two eggs, cheddar]
+ Add bacon, sausage, or ham for \$1.50

The Southwest Breakfast Burrito 8.00
[sausage, red peppers, onions, house potatoes, two eggs, pepper jack]

Athena's Breakfast 12.00
[sausage or bacon, two eggs, farm fresh seasonal veggies, house potatoes]

Pastries [Made Fresh Daily]

Blueberry Lime Muffin 3.50

Maple Pecan Scone 4.00

Seasonal Pastries Prices Vary

+TO PREORDER PASTRIES CALL 24 HOURS IN ADVANCE

ALL MENU ITEMS
ARE SUBJECT TO
CHANGE DUE TO
SEASONAL
AVAILABILITY



Coffee

	iced				
	hot	12oz	16oz	20oz	24oz
Espresso [2 oz]	2.75				
Drip Coffee	3.00	3.25	3.75	4.25	
Iced Coffee		3.50	4.00	4.50	
Cold Brew		3.75	4.25	4.75	
Nitro Cold Brew		5.00	5.50	6.00	
Macchiato [2.5 oz]	3.75				
Cortado [4 oz]	3.75				
Latte	4.25	4.75	5.25	5.75	
Cappuccino	4.25	4.75	5.25		
Mocha [white / dark]	4.75	5.25	5.75	6.50	
Americano	3.25	4.00	4.75	5.50	
MCT / Butter Coffee	6.50				
Hot Chocolate	3.75	4.25	4.75		

+ALTERNATIVE MILKS: OAT, HEMP, ALMOND, SOY, COCONUT

Tea

Loose Leaf Tea	3.25	3.75	4.25	4.75
Tea Latte	3.75	4.25	4.75	5.50
Chai	5.50	6.00	6.50	7.00
Matcha	6.50	7.00	7.50	8.00

Fresh Juice

Alpha	9.50
Recovery	9.50
Green Goddess	9.50

Smoothies

Peanut Butter Banana	8.75
Orange Creamsicle	8.75
Turning Green	8.75
Very Berry	8.75
Tropical	8.75

MID-DAY MEALS

Sandwich

Turkey 11.75
[cheddar, tomato, greens, pepper dijon]

BLT 11.75
[bacon, greens, tomato]

Ham 11.75
[swiss, tomato, greens, balsamic]

Veggie 11.75
[avocado, cucumber, tomato, apple, greens, balsamic]

Roast Beef 13.00
[swiss cheese, tomato, cucumber, greens, horseradish]

Reuben 13.00
[pastrami, sauerkraut, swiss]

Grilled Cheese 7.50
[Cheddar, Provolone, Swiss]

+ ADD A CUP OF SOUP OR SALAD ON THE SIDE FOR \$2.00

Seasonal Soup

A Cup 4.00

A Bowl 6.00

+MADE FRESH FROM LOCAL INGREDIENTS, ASK YOUR BARISTA

Salad

[fresh mixed greens, seasonal veggies, and your choice of dressing]

Small 4.50

Large 6.50

+ADD YOUR CHOICE OF PROTEIN FOR AN EXTRA \$1.50

THANK YOU
FOR SUPPORTING
LOCAL!