



\$8

\$8

\$15

\$3.50

# **Roasted Beet Salad**

Roasted beets tossed with mixed greens, goat cheese, toasted walnuts with a maple dijon dressing

### **Chicken Salad**

Roasted chicken, pickled grapes, toasted pecans and celery mixed with a light dressing

# CHARCUTERIE BOWL

Toasted bread, sourdough crackers, walnuts, almonds, pecans, cheese, salami, pickles, berries and grapes

# TOAST

## **Avocado Toast**

Avocado and lime topped with a pumpkinsesame seed brittle, arugula and crumbled goat cheese

# It's Thyme

Roasted butternut squash, apples and onions. Sprinkled with olive oil, salt, thyme and parmesan cheese

# The Blue Ridge

Ricotta cheese topped with roasted blueberries and pistachios. Sprinkled with a touch of lime zest and honey.

# **You Pick Three**

COFFEE

Pick any three toasts or salads!

# SANDWICHES

\$9

\$10

\$15

\$9/14 Steak

Grilled steak with arugula, shaved parmesan, stone ground mustard and caramelized onions

### \$8/13 **French Onion Grilled Cheese**

Caramelized onions, dijon mustard, gruyere cheese

# PASTRIES

Regular Croissant	\$4.00	Drip	\$2.50
Chocolate Croissant	\$4.50	Latte	\$4.50
Ham and Cheese Croissant	\$4.50	Chai Latte	\$4.50
Cheese Danish	\$4.50	Mocha	\$4.50
Morning Bun	\$4.50	Maple Latte	\$4.50
Blueberry Muffin	\$3.50	Sea Salt Caramel Latte	\$4.50
Gluten Free Muffin	\$3.50	Lavender Vanilla Latte	\$4.50
Maple Glazed Croissant	\$4.50	Midnight Mocha	\$4.75
		Cappuccino	\$4.50
		Americano	\$2.50

# EXTRAS \$8

\$1.00

## Yogurt and Granola

Greek yogurt with black currant granola, topped with fresh fruit and maple syrup

# **Dairy Free Alternatives**

Almond milk, oat milk and coconut milk available

### Toast and Jam

Buttered toast topped with seasonal jam

# **Coffee Syrups**

Vanilla, Caramel, Maple syrup, Lavender, Hazelnut, White Chocolate

# **Pastry Happy Hour**

Enjoy 50% off remaining pastries between 1-2 every day!

Sensons

We are proud to source ingredients from the following farms: Big Spring Cattle Company, Blue Ridge Bees, Maplewood Valley Ranch, Razzbourne Farms, Verdant Acres,