



Breakfast Specialties

Breakfast Burrito

Tater tots, shredded cheese, salsa, eggs*
choice of meat, spinach tortilla, panini grilled 14.99

MAKE IT SUPER - green chilies, sour cream,
avocado 2.50

MAKE IT SMOTHERED - topped with shredded, turkey
chili, enchilada sauce, fresh cilantro 3.50

Corrito

vegan burrito, roasted veggies, breakfast potatoes, onions,
mushrooms, hummus, baby greens, avocado, salsa, spinach
tortilla, panini grilled. 14.49(V/VG)

MacWalden

english muffin, house made sausage patty, egg*, sharp
cheddar 8.49

SMASH WALDEN - includes avocado smash,
monterey jack 2.00

The Birdie

egg* sandwich, tomato, sharp cheddar, special sauce,
choice of bread brushed with herb oil + panini grilled 11.49

BURRITO MEAT OPTIONS

bacon, sausage, ham, carnitas, chorizo,
chicken, roasted vegetables

Avocado Toast

toasted squaw bread, avocado smash, hummus, red
onion, feta, roasted tomato, pistachio (V/VG - no feta) 15.49

TWERK IT - topped with crispy bacon, 2 poached
eggs* 3.99

Bagel & Spread

toasted choice of bagel- plain, everything
choice of spread-cream cheese, pesto cream cheese, butter,
peanut butter (V/VG) or hummus (V/VG) 6.49

PowerHouse Oatmeal

banana, walnuts, dried cranberries (V/VG) 10.49

Power Scramble

eggs* scrambled with chicken, baby greens, roasted veggies,
mushrooms, topped with feta and fresh basil.

(GF) 14.99

served with fruit & sliced tomatoes

SCHMAGEL

cream cheese, smoked salmon, mixed greens, red onion,
tomato, capers, fresh dill, balsamic vinaigrette,
choice of bagel 17.49

BAGEL OPTIONS

plain, everything



Lunch Specialties

Chanini

chicken, tomato, onion, fresh basil, monterey jack, spicy calabrese aioli, choice of bread brushed with herb oil + panini grilled 16.49

House Salad

mixed greens, walnuts, dried cranberries, onions, tomatoes, feta, garlic crostini, house made balsamic vinaigrette (V/VG-No feta, GF-No Crostini) 14.49

ADD MEAT 3.99 ADD AVOCADO 1.25

Quinoa Bowl

quinoa blend with green chickpea, edamame roasted bell pepper, poblano and onions, avocado smash, feta, salsa verde (GF) choice of chicken, carnitas 14.99 MAKE IT VEGAN - With roasted veggies + roasted

Mushrooms

ADD MEAT OPTIONS

chicken
carnitas
smoked salmon

Soup of the Day

8oz 6.99 16oz 7.99

CAB

sliced chicken breast, avocado smash, bacon, onion, tomato, baby greens, monterey jack, rosemary aioli, choice of bread brushed with herb oil + panini grilled 16.49

BLT

toasted choice of bread, bacon, lettuce, tomato, mayo, 14.49 ADD AVOCADO 2.00

Turkey Chili

topped with red onion, crispy bacon, cheese, garlic crostini (GF - no crostini)
8oz 7.99 16oz 9.99

BREAD OPTIONS

sourdough, sweet french roll, multi grain,
gluten free bread, gluten free tortilla