

On-the-Run
7:00am - NOON

SANDWICHES

HAM & SWISS OMWICH \$3.95

egg, smoked ham and Swiss cheese on an artisan roll

BACON, CHEDDAR OMWICH \$3.95

farm fresh egg folded with applewood smoked bacon and cheddar cheese on a ciabatta

TUSCAN EGG WHITE CIABATTA \$3.95

fire roasted red pepper, spinach, basil pesto and mozzarella on ciabatta

TURKEY SAUSAGE & MUENSTER CROISSANT \$3.95

egg, turkey cranberry sausage and muenster on a butter croissant

VEGAN WRAP \$4.25

bacon seitan, tofu, roasted red peppers, onion and spinach in a whole wheat tortilla

SAN DIEGO TRAVELER \$3.95

scrambled egg, cheddar cheese, chorizo seitan, roasted peppers in a whole wheat tortilla

LIGHTER FARE

STEEL-CUT OATMEAL \$3.75

topped with raisins, granola and brown sugar

GREEK YOGURT PARFAIT \$4.95

infused with honey and vanilla served with berries and granola

PASTRIES

FRESH BAKED MUFFINS- blueberry, maui, orange-cranberry, \$1.75

Wheat-free blueberry \$2.00

FRENCH BUTTER CROISSANT \$2.75 with butter and jam \$3.25

CHOCOLATE FILLED CROISSANT \$3.25

CRANBERRY-APRICOT SCONE \$1.95

COFFEE CAKE \$2.25 (SELECTION VARIES)

BAGELS \$1.50 with cream cheese \$1.95

VEGAN-WHEAT FREE MOON PIE \$3.95

We are Social!  