

## BAKED GOODS

Scone	\$2.00
Muffin	2.00
Cinnamon Roll	2.25
Cookie	1.75
Croissant	2.00
Flavored Croissant	2.25
Banana/Zucchini Bread	2.00

## COFFEE, ESPRESSO and MORE

All espresso beverages are doubles unless otherwise specified

	8 oz.	12 oz.	16 oz.
Drip	1.25	1.50	1.75
Espresso	any size, 1.50		
Americano	any size, 1.50		
Latte	2.00	2.25	2.75
Cappuccino	2.00	2.25	2.75
Mocha	2.50	2.75	2.95
Brevé	2.50	2.75	2.95
Chai	2.50	2.75	2.95
Steamed Milk	1.75	2.00	2.25
Hot Cocoa	2.00	2.25	2.50
Italian Soda	any size, 2.00		
Hot Tea	any size, 1.50		
Extra shot, flavored syrup, soy, or refills		.50	
Personal Cup Refill		1.00	

## BREAKFAST

BREAKFAST SANDWICH	4.00
Scrambled egg and cheese on your choice of bread	
Add turkey, bacon or ham	\$.50
TOAST AND JAM	2.00
Two slices of fresh bread, toasted and served with butter and jam	
YOGURT PARFAIT	3.75
Low fat vanilla yogurt layered with fruit and granola	
BAGEL	1.50
Add cream cheese or peanut butter	1.00

<b>SOUP</b>	8 oz. cup, 2.50	16 oz. bowl, 3.50
Served with a slice of toasted bread or crackers		
Check our board for the soup of the day!		

## COMBOS

Any half sandwich with a cup of soup	5.90
Any half sandwich with a side salad	4.95
Cup of soup and side salad	5.25

Sandwiches are served on your choice of Essential Baking Co. sourdough or multi-grain and come with a choice of Caesar salad, House salad, Tim's Cascade potato chips, or fruit. Substitute a cup of our daily soup, \$.95

## GRILLED SANDWICHES

BLT	6.95
Crispy strips of bacon with fresh romaine lettuce and sliced tomatoes	

TUNA MELT	6.75
Our house-made tuna salad grilled with your choice of cheddar, Swiss, or provolone cheese	

GRILLED CHEESE	5.50
A classic with your choice of cheddar, Swiss or provolone	

ROASTED VEGGIE	6.50
Roasted seasonal vegetables topped with spinach and provolone cheese, and grilled.	

CRANBERRY TURKEY	6.95
Roasted turkey, crispy bacon, lettuce, and a cranberry cream cheese spread	

## COLD SANDWICHES

CLASSIC VEGGIE	6.75
Avocado, sprouts, tomato, and cucumber, with your choice of cheddar, Swiss, provolone or pepper jack cheese	

VEGGIE HUMMUS	6.50
Homemade hummus topped with spinach, cucumbers, carrots, tomato, and olives	

TUNA SALAD	6.75
House-made tuna salad made with capers, onion, celery, dill and mayo with lettuce and tomato	

CURRIED CHICKEN SALAD	6.95
Chunks of chicken breast, red pepper, and celery in a curry aioli along with dried cranberries and spinach	

HAM OR TURKEY AND CHEESE	6.85
Country ham –OR– sliced turkey breast with lettuce, tomato, and your choice of cheddar, Swiss, provolone or pepper jack cheese	

## SALADS

CAESAR SALAD	5.25
Crisp romaine tossed with parmesan cheese, Caesar dressing and croutons.	
Add Chicken	6.25

HOUSE SALAD	6.25
Mixed greens topped with carrots, blue cheese, dried cranberries, pumpkin seeds and a house-made balsamic vinaigrette.	
Add a slice of bread	\$0.50
Add a scoop of curry chicken or tuna salad	\$1.00