YOGURT PARFAIT  honeyed greek yogurt, cava poached pears, candied ginger, dried blueberries, buckwheat, chia seeds  9

GRANOLA CEREAL  dried cherry, sunflower seeds and almond granola choice of milk: whole, soy, almond  8

FRESH FRUIT PLATE  assorted fruits and berries, marcona almonds, white cheddar  12

MEAT AND CHEESE PLATE  selection of dry cured meats and local cheese, walnuts, grapes  14

MIXED LETTUCE SALAD  poached pears, grapes, manchego cheese, sliced cucumbers, walnuts, lemonpoppyseed dressing  12

BLACK RICE GRAIN BOWL  heirloom rice, cucumbers, cherry tomatoes, roasted avocado, tahini yogurt, grilled shrimp  18

SAVORY FARRO BOWL  toasted farro, sweet potatoes, cauliflower, chickpeas, pickled raisins, flaked coconut, yellow curry dressing, marinated tofu  15

NON-ALCOHOLIC
MILK  whole, soy, almond  4
JUICE  orange, cranberry  5
BOTTLED WATER  (sparkling or still) small  5 large  8
SOFT DRINK  pepsi, diet pepsi, sierra mist, ginger ale, iced tea  4
LOCAL ROASTERY SPARROW COFFEE  (regular or decaf) 12oz  3, 20oz  4

TEA SERVICE  12oz  3, 20oz  4
choices:  chamomile
green tea
peppermint
earl grey
english breakfast

*all orders subject to a $4.50 delivery fee and 15% gratuity