



simple
fresh
food

THE BREAKFAST SANDWICH	\$8	THE TOAST	\$10
base includes roll, egg + cheese + make it your own		base includes spread + make it your own (vegan)	
THE BURRITO	\$8	THE WAFFLE	\$12
base includes wrap, egg + cheese + make it your own (vegan)		includes maple syrup + butter + make it your own	
THE BREAKFAST BOWL	\$12	STEEL-CUT OATS (vegan + gluten free)	\$8
base includes a grain, vegetable + egg + make it your own (vegan)		includes maple syrup + cinnamon + make it your own	

MEAT PROTEIN		VEGETABLES PROTEIN		CHEESE	
Taylor ham	+2	Tofu	+4	American Cheese	+1
Bacon	+3	Avocado	+4	Gruyere	+3
Ham	+2	Roasted Tomatoes	+2	Cheddar	+2
Sausage	+2	Spinach	+2	Goat Cheese	+2
Grilled chicken	+5	Caramelized Onions	+2	Pimento Cheese	+2
Fried chicken breast	+5	Shiitake Mushroom	+3	Cream Cheese	+1
Lox smoked salmon	+6	Roasted Sweet Potato	+3		
		Roasted Vegetables	+3	BREADS	
EGGS				Sour Dough	+2
Poached	+2	GRAINS + BEANS		Buttermilk Biscuit	+4
Scrambled	+2	Cilantro rice	+2	Bagel	+3
Fried	+2	Spicy black beans	+2	English Muffin	+2
Over easy	+2	Quinoa	+2	Gluten Free Bread	+4
Sunny side up	+2	Black rice	+3	Whole Wheat Wrap	+2
Egg Whites	+5	Lentils	+3	Croissant	+3
SOMETHING SWEET		NUTS		FRUIT	
Maple syrup	+2	Pecans	+3	Berries	+4
Brown sugar	+1	Walnuts	+2	Coconut	+2
Honey	+2	Almonds	+2	Dried blueberries	+3
Whip cream	+2	Peanut Butter	+2	Dried cherries	+3
Nutella	+3	Almond Butter	+3	Bananas	+2

SPECIALS		EXTRAS	
Frittata de Jour *gf, v	\$10	Green Salad	\$9
Fruit Yogurt + Granola Parfait	\$9	Fruit	\$7
Bagel + Lox	\$14	Mixed Berries	\$8

Condiments
Ketchup, hot sauce, salt, pepper, mayonnaise, chopped egg, capers, chopped onion, dijon, pesto +1, salsa +1

SANDWICHES HOT	
BEX Grilled Cheese	\$14
Gruyere with fig jam + arugula on whole wheat sour dough	
+ roasted tomato	\$16
+ crispy bacon	\$18
+ ham	\$18
Turkey Ruben	\$15
Roasted turkey breast, gruyere, Russian dressing, coleslaw on whole wheat sour dough	
Fried Green Tomato + Bacon	\$16
Fried green tomatoes, crispy bacon, pimento cheese, lettuce on toasted sour dough bread	
Quinoa Burger vegan	\$18
Quinoa bean burger with roasted red pepper, cucumber + hummus on brioche	
*serve over Garden Salad gluten free	\$20
Waffles + Chicken	\$18
Fried chicken breast with hot honey served between 2 waffles with greens	
Jamaican Jerk Chicken	\$16
Pulled chicken with slow cooked Jamaican jerk seasoning served pickles on brioche	

MAINS HOT	
Chicken Pot Pie *nf	\$17
Roasted chicken in house made gravy with celery, peas, carrots, onions and topped with puff pastry	
Mac + Cheese *nf	\$15
Elbow pasta w/ cheese sauce including gruyere, parmesan + cheddar garnish with toasted panko	
Peruvian Seafood Stew *nf, gf	\$22
Shrimp, cod, carrots, potatoes, onions, spinach in cilantro broth made from poblano peppers and garlic	
Chicken Chili *gf, nf	\$12
Pulled Chicken with onions, jalapenos, sweet potatoes, cannellini beans, tomato with cumin + oregano + cornbread	
Soup de Jour	\$8
Served with pretzel	\$12
Served with ½ Sandwich	\$16
Vegan Hot Dog *v	\$12
Includes roll, mustard, ketchup or relish	
Add your choice of tomatoes, scallions, red cabbage, cucumbers, carrots, radish, kimchi, salsa or pesto	add \$3

*v | vegan
*gf | gluten free

*df | dairy free
*nf | nut free

SANDWICHES COLD	
Filet Mignon + Horseradish *nf	\$14
Filet mignon with horseradish crème + arugula on baguette	
Prosciutto + Fig *nf	\$14
Prosciutto, fig jam, manchego, arugula on French baguette	
Chicken Salad Croissant *nf	\$12
Fresh roasted chicken salad with greens on croissant	
Bombay Frankie *v	\$12
Roasted vegetables w/ curry hummus + greens	
Turkey + Avocado Wrap *nf	\$12
Roasted turkey, avocado crème, salsa on spinach on whole wheat wrap	

SALADS COLD	
Fall Squash Lentil Salad *gf, v, nf	\$10
Baby kale, lentils, fall squash, pumpkin seeds + honey miso dressing	
Roasted Vegetable + Chickpea *gf, v, nf	\$10
Roasted seasonal root and other vegetables, chickpeas, chili lime vinaigrette + spinach	
Curry Mango Quinoa Salad *v, gf, nf	\$10
Quinoa, mango, red bell pepper, scallions, cilantro, spinach + curry vinaigrette	
Thai Noodle Salad *v, gf	\$10
Rice noodle, cabbage, carrots, radish, bell pepper, scallions, cilantro, jalapeno, peanuts, ginger, garlic, orange juice + tamari	
Garden Salad *v, gf, nf	\$10
Butter lettuce with carrots, cucumber, tomatoes, fennel, celery, toasted sunflower seeds + lemon vinaigrette	
Apple Walnut Salad *gf	\$12
Mixed Greens, Granny Smith Apples, candied walnuts, dried cranberries, cheddar cheese + red onion w/ walnut vinaigrette	

ADDS for the salads	
Grilled Chicken Breast	\$10
Seared Salmon	\$14
Grilled Shrimp	\$12
Braised Tofu	\$10

EXTRAS	
Soft Pretzel	\$5
Potato Chips	\$3
Bread + Butter Pickles	\$2
Bacon, Sausage + Ham	\$6



PASTRIES	
Croissant	\$5
Chocolate Croissant	\$5
Ham + Gruyere	\$6
Croissant de Jour	\$5
Apple Turnover	\$5
Scones	\$4
Muffins	\$4
Coffee Cake	\$5
Quinoa Bar gf, df	\$6
Bagel	\$4

DESSERTS	
Cookies	\$2
BEX Bars	\$5
BEX Bars gluten free + vegan	\$6
Cup Cakes	\$5
Mini Tarts apple + pumpkin	\$8

MILK ALTERNATIVES	Add
Oat Milk	\$2
Almond Milk	\$1
Coconut Milk	\$1

HOT DRINKS		
	Regular 12oz	Large 16oz
Coffee	\$3	\$4
Americana (espresso + water)	\$4	\$5
Tea PG Tips (black tea)	\$3	\$4
Two Leaves + a Bud TEA	\$4	\$5
Chamomile (dc), Alpine Berry (dc), Tamayokucha (green) Peppermint (dc), Jasmine + Earl Grey (all organic)		
Chai Latte	\$5	\$7
Cappuccino	\$5	\$7
Café au Latte	\$5	\$7
Flat White	\$5	\$7
Latte	\$5	\$7
Mocha Latte	\$6	\$8
Carmel Latte	\$6	\$8
Vanilla Latte	\$6	\$8
Hot Chocolate	\$5	\$7
	Single	Double
Espresso	\$4	\$6

COLD DRINKS		
	Regular 12oz	Large 16oz
Smoothie	\$6	\$8
berry banana mango banana		
+ protein	\$2	
+ chia seeds	\$1	
Cold Brew Coffee	\$4	\$6
BEX-accino frozen coffee blend	\$5	\$7
Saratoga Flat Water	12oz	\$3
Saratoga Sparkling Water	12oz	\$4
Spindrift	12oz	\$4
Galvanina sparkling soda	12oz	\$4
Coca Cola Regular + Diet	12oz	\$4
Natalie's Orange Juice	8oz	\$4
Natalie's Grapefruit Juice	8oz	\$4
Natalie's Lemonade	12oz	\$5
Harney + Son Ice Tea organic	16oz	\$6
black ice tea + peach ice tea		
Regular Milk	12 oz	\$4
Chocolate Milk	12oz	\$4