

**EARLY**

available till 11:30am

**EGG SANDWICH\*** 9  
TWO FOLDED EGGS / AMERICAN  
CHEESE / AIOLI / ARUGULA /  
ON TOASTED CIABATTA  
+ ADD BACON \$2

**B&G** 10  
FLAKY BUTTERMILK BISCUIT /  
SAGE, FENNEL, AND ROSEMARY  
SAUSAGE GRAVY

**CLASSIC BREAKFAST** 12  
TWO EGGS / BREAKFAST POTATOES /  
TOAST / HOUSE JAM /  
CHOICE OF BACON OR SAUSAGE

**BOTTLE CAGE** 11  
**BREAKFAST BURRITO\***  
AVO OIL FLOUR TORTILLA /  
SCRAMBLED EGGS / BLACK BEANS /  
POTATO / MONTEREY JACK / SALSA /  
CHOICE OF **BACON** OR **SPINACH**

↑ available  
till 3pm!

**\*AVOCADO TOAST AND BLT ARE  
ALSO AVAILABLE ALL DAY!**

**BRUNCH  
COCKTAILS**

**MIMOSA 9**  
**SPRITZ 9**

**BLOODY MARY 9**

**SALADS**

+ CHX/TOFU/FALAFEL \$4 + BURGER \$6

**KALE CAESAR SALAD 11**  
RED ONION / CROUTONS / CHERRY TOMATO /  
PARMESAN / CAESAR DRESSING

**TRAIL MIX SALAD 12**  
MASSAGED KALE / FRESH APPLE / PEAR /  
DRIED CRANBERRIES / SUNFLOWER SEEDS /  
BLEU CHEESE / LEMON DRESSING

**ATHENA GREEK 13**  
GREENS / KALAMATA OLIVES / FETA / ARTICHOKE / BELL  
PEPPER / CHERRY TOMATO / RED WINE VINAIGRETTE

available after 11:30am

**AVOCADO TOAST\*** 8  
PICKLED RED ONION / LOCAL  
MICRO GREENS / CHILI FLAKES /  
TOASTED SOURDOUGH  
+ FRIED EGG \$2

**CRISPY TOFU STICKS** 10  
SUNFLOWER SOY SLAY SAUCE

**HUMMUS PLATE** 11  
HOUSE HUMMUS / TZATZIKI /  
TAPENADE / VEGGIES / PITA

**HANDHELDS**

SIDES: FRIES, KETTLE CHIPS, OR SUB A SIDE SALAD (+2) /  
SUB LOCAL GF BREAD (+1) / SUB BEYOND BURGER (+2) OR FALAFEL PATTY

**BIKE SHOP BURGER** 15  
6OZ ALL NATURAL PATTY /  
AMERICAN / LOCAL LETTUCE /  
TOMATO / PICKLES / RED  
ONION / TOASTED BUN

**BISON PATTY MELT** 16  
CARAMELIZED ONION / SWISS  
CHEESE / CHIPOTLE THOUSAND  
ISLAND / TOASTED RYE

**FALAFEL BURGER** 15  
TZATZIKI / GREENS / TOMATO /  
MARINATED CUCUMBERS /  
ONION / TOASTED BUN

**SNACKS**

**PRETZEL** 10  
WARM SOFT PRETZEL /  
HOUSE MUSTARDS

**FRY PLATE** 8  
SWEET POTATO OR REGULAR  
FRIES / HOUSE FRY SAUCE /  
SPICY MUSTARD / KETCHUP

**CHIPS 'N DIPS.** 10  
CHIPOTLE BLACK BEAN DIP /  
GUACAMOLE / SALSA

**BOWLS**

**SMOKED TOFU & SPICY RICE 16**  
SHITAKE / AVOCADO / KIMCHI / CASHEWS / MISO DRESSING

**SWEET POTATO QUINOA 16**  
KALE / PICKLED ONION / ALMONDS /  
COCONUT-RASPBERRY DRESSING  
CHOICE OF **CHICKEN** OR **TOFU**

**STEAK AND GARLIC POTATOES 19**  
BALSAMIC-GLAZED BRUSSEL SPROUTS / CRISPY ONIONS

*\*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, OR  
EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS,  
ESPECIALLY IF YOU HAVE MEDICAL CONDITIONS*

# SMOOTHIES + SHAKES

<b>CHOCOLATE PB BANANA RECOVERY SHAKE</b> SKRATCH VEGAN CHOCOLATE RECOVERY PROTEIN + PROBIOTIC MIX / BANANA / PEANUT BUTTER / OAT MILK <b>ADD A SHOT OF ESPRESSO 3</b>	9	<b>SUNNY GREEN</b> SPINACH / KALE / AVOCADO / MANGO / BANANA / PEACH	8.5
<b>HORCHATA CHAI</b> SKRATCH HORCHATA RECOVERY PROTEIN / BANANA / JESSIE'S CHAI / OAT OR DAIRY	9	<b>STRAWBERRY BANANA</b> SWEET TANGY STRAWBERRY / PERFECTLY RIPE BANANA	8
		<b>BLUEBERRY LAVENDER</b> BLUEBERRY / PEACH / BANANA / OAT MILK	8.5

## COFFEE / ESPRESSO

OUR COFFEE IS SPECIALLY ROASTED AND ETHICALLY SOURCED FOR US BY OUR FRIENDS REPETITION COFFEE IN EAST LAWRENCE.

<b>COFFEE</b> NOTES: CRANBERRY // GINGERSNAP // COCOA	2.75 / 3
<b>DISCO ESPRESSO</b> NOTES: CHERRY // HIBISCUS // TOFFEE	3
<b>AMERICANO</b>	3.5
<b>CAPPUCCINO</b>	4
<b>CORTADO</b>	4
<b>FLAT WHITE</b>	4
<b>LATTE</b>	4.5/5
<b>MOCHA</b>	5.5/6.5
<b>COLD BREW</b>	4/5

## SWEET TREATS

<b>STEAMER</b> STEAMED MILK WITH CHOICE OF FLAVOR	2.5 - 4.5
<b>HOT CHOCOLATE</b>	2.5 - 4.5

MILK OPTIONS: OAT, ALMOND, WHOLE, SKIM, CHOCOLATE, HALF AND HALF

SYRUP OPTIONS: VANILLA, CARAMEL, LAVENDER, DARK CHOCOLATE, BROWN SUGAR CINNAMON, AND OTHER SEASONAL OPTIONS AVAILABLE

## TEA

<b>JESSIE'S CHAI</b> MADE FROM FAIR TRADE SPICES, GROUND FRESH AND PERFECTLY STEEPED	6/8
<b>MATCHA LATTE</b> JAPANESE GREEN TEA BLENDED WITH STEAMED, HONEY-SWEETENED MILK	6/8
<b>LONDON FOG</b> HUGO GREY TEA / STEAMED MILK / VANILLA	4
<b>GUI SHAN TEA</b> OOLONG: SANDALWOOD / WHITE PEPPER / SHARP	3
<b>HUGO GREY</b> BLACK: GRAPEFRUIT PITH / PEAT / VIBRANT	3
<b>RAINIER MINT</b> MINT: WINTERGREEN / MENTHOL / BRISK	3
<b>JASMINE BAI HAO</b> GREEN: WHITE FLOWERS / RIESLING / SOFT	3
<b>ICED HIBISCUS</b>	3
<b>ICED BLACK</b>	3

## SODA

<b>CREAM SODA</b> SODA WATER / CHOICE OF SYRUP / CREAM OR OAT MILK - WE LOVE LAVENDER OAT!	4
<b>BOTTLED SODAS</b> MEXICAN COKE / JARRITOS	4.5

