

GRAB 'N GO CASE

CHICKEN CAESAR WRAP

Whole Wheat Wrap, Lemon-Urfa Caesar Dressing, Chicken, Parmesan, Romaine

12

TEX-MEX TOFU WRAP

Whole Wheat Wrap, Black Bean and Corn Pico, Blackened Tofu, Romaine, Feta, Salt and Pepper Candied Sunflower Seeds, Old Bayoli

12

YOGURT PARFAIT

Greek Yogurt, Plum Preserves, Fresh Fruit, Toasted Coconut Granola

9

COCONUT CHIA PUDDING

Chia Pudding, Fresh Fruit, Toasted Coconut Granola

9

GREEK-ISH SALAD

Romaine, Arugula, Feta, Cherry Tomato, English Cucumber, Kalamata, Sun Dried Tomato
Marinated Lentils, Preserved Lemon Dressing

14

Sales Tax Not Included in above Prices

WEEKEND SPECIALS

SPF BREAKFAST BURRITO 12

Black Bean and Corn Pico, Scrambled Eggs, Sweet Potatoes, Lime Crema

+ Turkey Breakfast Sausage \$3

BREAKFAST SANDWICH 10

English Muffin, Egg, Bacon, American Cheese, Jalapeno Jam

BANANA BREAD FRENCH TOAST 12

Banana Bread, Carmelized Banana, Whipped Cream, Maple syrup

FROM THE COUNTER

CHIPS & GUAC

Tortilla Chips, Guacamole, Pico De Gallo

10

SOUTHWEST SALAD

Romaine, Roasted Corn, Black Beans, Tomato, Avocado, Pepperjack, Tortilla Strips

14

TURKEY BLT

Sourdough, Smoked Turkey, Bacon, Romaine, Tomato, Avocado, Dijonnaise

14

GRILLED CHEESE

Texas Toast, American Cheese, "Tomato Soup" Dip

12

CHICKEN SANDWICH

Brioche Bun, Fried Chicken, Pimento Cheese, B&B Pickles, Romaine

14

BLACKENED TUNA SALAD MELT

Sourdough, Gouda, Arugula, Cured Tomato

12

MEAT 'N CHEESE

Cured Meats from Tempesta Market, Local Cheeses, Plum Mostarda, Crostini

18

TENDERS & TOTS

Chicken Tenders, Tater Tots, Dipping Sauce Choice (bbq, buffalo, honey mustard, dill pickle hot sauce, ketchup)

12

GIANT PRETZEL

Large soft pretzel with queso for dipping. Very large, so share or come hungry!

12

