



## Grab & Go!

**OVERNIGHT OATS** ..... \$9  
almond milk, cocoa nib granola, banana, almond butter (vegan)

**PARFAIT** ..... \$9  
Greek yogurt, peaches, granola, honey, bee pollen

**AVOCADO TOAST** ..... \$9  
Toasted sourdough, avocado, everything spice,  
flake salt, EVOO (vegan)

**GRAIN BOWL** ..... \$11  
Forbidden rice, wild rice, quinoa, lemon-thyme vinaigrette, winter  
squash, kale, pickled peppers

### SPIELMAN'S BAGELS

**PLAIN** ..... \$3  
**SEA SALT AND HERB** ..... \$3  
**EVERYTHING** ..... \$3

**SMOKED SALMON CREAM CHEESE** ..... \$4  
**HERBY CREAM CHEESE** ..... \$3  
**CREAM CHEESE** ..... \$3  
**AVOCADO** ..... \$2.5  
**BUTTER** ..... \$1

### SOFTER DRINKS AVAILABLE AFTER 8:30 AM

**BLACKBERRY JASMINE ICED TEA, LEMON** ..... \$3

**ESPRESSO TONIC, BLACKBERRY, CBD** ..... \$8

**PEPPERMINT MATCHA, VANILLA, CBD** ..... \$10

**BERRY & OOLONG KOMBUCHA WITH CBD** ..... \$9