



## 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