



# Summer M E N U

DAILY  
8 - 4

## SUNRISE OFFERINGS 8 - 11

**POWER ISLAND PLATE** ..... \$9  
a protein-packed plate: two boiled eggs, cheese, crackers & fruit

**SUNRISE GRANOLA BOWL** ..... \$10  
granola, greek yogurt, raw honey, fresh berries & lemon zest

**HAM OR BACON BREAKFAST SAMMY** ..... \$9  
your choice of hardwood smoked ham or bacon, with baked egg, cheddar cheese, tomato, arugula, and garlic aioli on an English muffin

**EAST BAY BREAKFAST BURRITO** ..... \$11  
roasted sweet potatoes, spinach, feta and scrambled egg whites served with a side of garlic aioli

**WEST BAY BREAKFAST BURRITO** ..... \$12  
chorizo, roasted potatoes, house cheese blend, and scrambled eggs with a side of salsa

**AVOCADO TOAST** ..... \$10  
mashed avocado, topped with crumbled feta, arugula, sliced tomato, radishes and drizzled hot honey on sesame wheat

**FRITTATA OF THE DAY & FIELD GREENS** ..... \$9  
ask for today's creation

## Sandwiches, Wraps & Salads 11 - 4

**TURKEY RACHEL WRAP** ..... \$14  
house roasted turkey, coleslaw, Swiss and cherry preserves in a flour tortilla wrap

**CHICKEN SALAD WRAP** ..... \$15  
creamy chicken salad with red grapes, pecans, celery, fresh herbs & field greens in a spinach tortilla wrap

**HAM & GRUYERE SANDWICH** ..... \$14  
hardwood ham, melted gruyere cheese, onion confit, dijon & mixed greens on ciabatta

**CLASSIC B.L.T.** ..... \$13  
bacon, lettuce, tomato and garlic aioli on toasted sourdough

**GREEN GODDESS CRUNCH WRAP** ..... \$14  
mozzarella, avocado, cucumber, spinach & yogurt schmear in a spinach wrap

**ROASTED CURRY CAULIFLOWER & CHICKPEA SALAD WRAP** ..... \$15  
curry roasted cauliflower and chickpeas, shredded red cabbage & fresh herbs in a spinach wrap

**CAESAR SALAD** ..... \$10  
romaine, parmesan, croutons and a side of caesar dressing  
**add chicken + \$4**

**MISSION POINT COBB SALAD** ..... \$13  
romaine, hard boiled egg, red onion, tomato, bacon, bleu cheese, fresh herbs, and a side of red wine vinaigrette  
**add chicken + \$4**

## SHAREABLE SNACKS 11 - 4

**GIANT PRETZEL** ..... \$14  
salted & buttered with sides of mustard and house-made cheese sauce

**SPICY CHEESE & SALSA FLIGHT** ..... \$15  
spicy chorizo cheese dip, house rojo & verde salsas, served with tortilla chips

**HOT HONEY GOAT CHEESE DIP** ..... \$14  
whipped goat cheese, lemon, thyme & hot honey, served with crostini & veggies

**SMOKED SALMON DIP** ..... \$14  
cream cheese, smoked salmon, red onion, fresh dill, & lemon, served with crostini & veggies

**CHARCUTERIE BOARD** ..... \$18  
two meats, two cheeses, olives, & dijon mustard, served with crackers

## Small Peeps

**CINNAMON SUGAR TOAST** ..... \$7  
buttered sourdough toast dusted with cinnamon sugar, served with fresh fruit

**MINI YOGURT BOWL** ..... \$8  
vanilla yogurt with fresh berries

**CRUSTLESS PB & J** ..... \$8  
Jif peanut butter & strawberry jelly on sourdough, served with chips

**TURKEY OR HAM & CHEESE SAMMY** ..... \$9  
house roasted turkey & cheddar on sourdough, served with chips

**MAC & CHEESE** ..... \$10  
creamy classic macaroni & cheese

**CHEESE FLATBREAD PIZZA** ..... \$13  
mozzarella & pizza sauce on flatbread  
**add pepperoni + \$2**

## Flatbreads 11 - 4

**SHAVED ASPARAGUS & RICOTTA** \*seasonal ..... \$16  
ricotta, shaved asparagus, chili flakes & lemon zest on baked flatbread

**CAPRESE** \*seasonal ..... \$16  
mozzarella, fresh, tomatoes, shredded basil, honey & balsamic drizzle on baked flatbread

**PEPPERONI** ..... \$15  
mozzarella, pepperoni & pizza sauce on baked flatbread

## SIDES & SUBSTITUTES

**Toast:** sourdough, wheat, English muffin ..... + \$3

**Bacon** ..... + \$4

**Ham** ..... + \$4

**Vegan Egg** ..... + \$3

**Gluten Free Bread** ..... + \$3

*Not all ingredients are listed. Please alert our staff if you have any food allergies. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.*