

BEVERAGES

CLASSICS

HOUSE COFFEE	...2.00	CAPPUCCINO	...2.95
ESPRESSO	...2.00	RAW CAPPUCCINO	...3.15
AMERICANO	...2.25	HOT CHOCOLATE	...2.95
COLD BREW	...3.00	COLD BREW MILK AND HONEY	...3.50
FRENCH PRESS	...3.25	FRENCH PRESS FOR 2	...5.25

LATTES

	12oz	16oz		12oz	16oz
LATTE	...3.15	...3.95	CAFE MOCHA	...3.65	...4.55
VANILLA LATTE	...3.55	...4.45	SUGAR & SPICE LATTE	...3.65	...4.55
CARAMEL LATTE	...3.65	...4.55	CHAI TEA LATTE	...3.35	...3.95
CARAMEL MACCHIATO	...3.65	...4.55	LONDON FOG		...3.95

OVER ICE OR BLENDED AVAILABLE IN 16OZ ONLY

ADD A FLAVOR .55 ADD A SHOT .85 SOY, ALMOND OR MACADAMIA MILK .70

COLD DRINKS

COKE, DIET COKE, SPRITE	...1.90	MILK	...2.00
HERB LEMONADE	...2.00	CHOCOLATE MILK	...2.95
FRESH BREW ICED TEA	...2.00	OJ, APPLE JUICE	...2.00

SMOOTHIES

STRAWBERRY	...4.25	GREEN MACHINE	...4.85
PINEAPPLE PARADISE	...4.25	BASIL, MINT & YOGURT	...4.85

ADD BANANA .50

MILKSHAKES

CHOCOLATE · ESPRESSO · STRAWBERRY · VANILLA... 4.25

RED TEA DRINKS

A NATURAL, NON-CAFFEINATED ALTERNATIVE TO COFFEE.

ROOIBOS RED DRINKS ARE TEA BREWED WITH A TOUCH OF CINNAMON AND HONEY

RED CAPPUCCINO... 3.20 RED LATTE... 3.60

RED AMERICANO... 3.00

LOOSE LEAF TEAS

IN HOUSE POT OF TEA... 3.00

ROOIBOS · EARL GREY · ENGLISH BREAKFAST · DECAF ENGLISH BREAKFAST

ASK SERVER FOR A FULL CURRENT SELECTION



BREAKFAST

SERVED TILL 2PM

GOOD MORNING, SUNSHINE!

BAGELS

PLAIN · EVERYTHING · MULTI GRAIN

BUTTER... 1.90 CREAM CHEESE... 2.65 FEATURED CREAM CHEESE... 2.95

AVOCADO TOAST...4.15

(SERVED ALL DAY)

AVOCADO, RADISH SLICES & SEA SALT ON TOASTED SUNFLOWER BREAD

BAKED OATMEAL... 4.25

BLUEBERRY OR FEATURED FLAVOR - SERVED WITH MILK

*GLUTEN FREE... 4.85

QUICHE... 7.20

SLICE OF OUR HOUSEMADE QUICHE. SERVED WITH CHOICE OF ROSEMARY POTATOES, PARMESAN GRIT CAKE OR FRESH FRUIT

TOMATO PIE... 7.60

SLICE OF OUR SIGNATURE PIE SERVED WARM WITH CHOICE OF ROSEMARY POTATOES , PARMESAN GRIT CAKE OR FRESH FRUIT

*GLUTEN FREE... 8.50

MAPLE & SPICE FRENCH TOAST... 6.90

TWO THICK SLICES OF BRIOCHE BREAD DIPPED IN OUR MAPLE & SPICE BATTER
SERVED WITH A SIDE OF CINNAMON HONEY BUTTER

*QUINOA PANCAKES... 6.40

UNIQUELY DELISH BUTTERMILK PANCAKES WITH PROTEIN PACKED QUINOA
& GLUTEN FREE FLOUR. SERVED WITH CINNAMON HONEY BUTTER

BREAKFAST BOWLS

CALI BOWL... 6.75

NUTTY GRANOLA STEAMED IN SOY MILK AND TOPPED WITH
SLICED BANANA, FRESH BERRIES & CINNAMON

QUINOA BREAKFAST BOWL ...8.65

QUINOA, SUNDRIED TOMATOES, MUSHROOMS, SAUSAGE, KALE AND PARMESAN
CHEESE. TOPPED WITH TWO EGGS OVER EASY

SUPER CHIA BOWL ...8.25

SUPERCHARGE YOUR DAY WITH A BOWL OF CREAMY CHIA PUDDING, TOPPED WITH FRESH
BERRIES, CRUNCHY GRANOLA AND BLUEBERRY PRESERVES. SERVED WITH MULTI-GRAIN
SUNFLOWER TOAST, ALMOND BUTTER AND SEA SALT - VEGAN

PURE MAPLE SYRUP... 1.10

FRESH FRUIT... 4.85

BAKERY MUFFIN... 2.75

CHICKEN SPINACH FETA SAUSAGE... 2.85

BACON... 2.45

*DESPITE OUR CAREFUL PRECAUTIONS, WE ARE NOT A GLUTEN FREE FACILITY

SERVED TILL 2PM

BREAKFAST SANDWICHES

BREAKFAST SANDWICHES SERVED WITH CHOICE OF ONE:
MIXED GREENS, FRESH FRUIT, PARMESAN GRIT CAKE OR ROSEMARY POTATOES

EGG & HAM PANINI... 8.75

EGGS AND HAM LAYERED WITH MONTEREY JACK & CHEDDAR CHEESE. SERVED ON CIABATTA BREAD
PESTO MAYO OPTIONAL

TPC CROISSANT... 8..60

EGGS WITH MONTEREY JACK & CHEDDAR CHEESE, MUSHROOM, ONION, SPINACH, CUCUMBER
AND TOMATO ON A CROISSANT BUN. PESTO MAYO OPTIONAL

FRIED EGGS & BRIE... 8.75

TWO FRIED EGGS, ARUGULA, BACON AND RASPBERRY BRIE. SERVED ON MULTI-GRAIN SUNFLOWER BREAD

WESTERN WRAP... 8.05

SCRAMBLED EGGS, WITH REFRIED BLACK BEANS, TOMATOES, RED ONION, AVOCADO,
CILANTRO, MONTEREY JACK & CHEDDAR CHEESE TUCKED IN A WHOLE WHEAT TORTILLA
WITH A CREAMY AVOCADO SAUCE

PRETZEL BREAKFAST SANDWICH... 8.45

WARM PRETZEL BUN WITH TWO FRIED EGGS, VERMONT WHITE CHEDDAR, BACON,
SPINACH AND OUR HOUSEMADE RASPBERRY HONEY MUSTARD

GOLDEN EGG SPECIALTIES

ADD BACON... 2.45 ADD CHICKEN SPINACH FETA SAUSAGE... 2.85

SAUSAGE & SQUASH HASH... 8.25

SEASONED SAUSAGE, ROASTED BUTTERNUT SQUASH AND ROSEMARY POTATOES,
TOPPED WITH TWO EGGS

CLASSIC EGG DISH... 5.85

TWO EGGS WITH CHOICE OF ROSEMARY POTATOES, PARMESAN GRIT CAKE,
OR FRESH FRUIT

VEGGIE FLIPPER... 7.95

FLIP STYLE EGGS WITH LAYERS OF MUSHROOM, ONION, TOMATO,
MONTEREY JACK & CHEDDAR CHEESE

TOMATO PIE FLIPPER... 7.75

FLIP STYLE EGGS FILLED WITH OUR SIGNATURE TOMATO PIE DELICIOUSNESS

BLACK BEAN FLIPPER... 7.95

FLIP STYLE EGGS FILLED WITH REFRIED BLACK BEANS, TOMATOES, RED ONION,
AVOCADO, CILANTRO, MONTEREY JACK & CHEDDAR CHEESE
DRIZZLED WITH A CREAMY AVOCADO SAUCE

FLIPPER DISHES SERVED WITH TOAST AND CHOICE OF ONE:
MIXED GREENS, FRESH FRUIT, PARMESAN GRIT CAKE OR ROSEMARY POTATOES

TOAST CHOICES: SOURDOUGH OR MULTI-GRAIN SUNFLOWER

*GLUTEN FREE BREAD ADD .75

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LUNCH/DINNER



BYOB

SERVED: 11AM - CLOSE

SOUP & SIGNATURE PLATES



TOMATO BISQUE • SOUP DU JOUR... 4.95

TOMATO PIE... 7.60 • *GLUTEN FREE... 8.45

A SLICE OF OUR SIGNATURE PIE SERVED WARM WITH GREENS AND A SAVORY HERB SCONE
DOUBLE PORTION OF TOMATO PIE... 11.50

QUICHE... 7.20

DAILY SELECTION. SERVED WITH GREENS AND A SAVORY HERB SCONE

HUMMUS PLATTER... 7.50

HOUSEMADE HUMMUS SERVED WITH ROASTED RED PEPPERS, CUCUMBERS, RADISHES
& KALAMATA OLIVES AND WARM NAAN BREAD
(*GLUTEN FREE FLAT BREAD AVAILABLE)

SALADS

ADD:

CHICKEN... 2.25 BACON...2.00 GRILLED SHRIMP... 5.00
SAUSAGE... 2.50 HARD BOILED EGG... 1.00 AVOCADO... 2.00



BLEU & PEAR SALAD... 8.85

MIXED GREENS OR SPINACH TOPPED WITH BLEU CHEESE CRUMBLES, CRAISINS,
SLICES OF GOLDEN PEAR AND GLAZED WALNUTS



TPC HOUSE SALAD... 6.75

TOMATOES, CUCUMBER STRIPS, SHREDDED CARROTS
& MONTEREY JACK CHEDDAR CHEESE ON MIXED GREENS OR SPINACH



COBB SALAD... 8.90

CREAMY PARMESAN DRESSED KALE, BACON, AVOCADO, TOMATOES, HARD BOILED EGG,
BUTTERNUT SQUASH, RADISHES, FETA AND ONIONS



CURRY CHICKEN SALAD... 8.55

CHICKEN, GRAPES, ONIONS, TOMATOES, ALMONDS, GLAZED WALNUTS AND CELERY IN A COCONUT
CURRY MAYO ON A BED OF MIXED GREENS

• DRESSING CHOICES •

CREAMY PARMESAN • BALSAMIC VINAIGRETTE •
RASPBERRY HONEY MUSTARD • LEMON BALSAMIC



A TAKE-TWO OPTION

*DESPITE OUR CAREFUL PRECAUTIONS, WE ARE NOT A GLUTEN FREE FACILITY

**CONSUMING RAW OR UNCOOKED MEATS, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK
OF FOOD-BORNE ILLNESS

SERVED 11AM TILL CLOSE

ALL SANDWICHES SERVED WITH A SIDE OF GREENS OR GOURMET CHIPS

HOT SANDWICHES



PESTO CHICKEN PANINI... 9.65

CHICKEN, ROASTED RED PEPPERS, ONIONS, MOZZARELLA CHEESE AND PESTO
SERVED ON CIABATTA BREAD



HAM & BRIE PANINI... 8.80

SLICED HAM, BRIE CHEESE, FRESH BASIL LEAVES AND RASPBERRY HONEY MUSTARD
SERVED ON CIABATTA BREAD



TURKEY & PESTO PANINI... 8.60

MESQUITE TURKEY, PESTO, TOMATO AND MUENSTER CHEESE ON MULTI-GRAIN SUNFLOWER BREAD



TPC GRILLED CHEESE... 6.85

MUENSTER & VERMONT CHEDDAR CHEESE ON GRILLED SOURDOUGH

HUMMUS VEGGIE WRAP... 8.25

SPINACH, CUCUMBER, CARROT, ROASTED RED PEPPERS, MUSHROOM, ONION, GOAT CHEESE,
BALSAMIC VINAIGRETTE AND HUMMUS IN A GRILLED WHOLE WHEAT TORTILLA

COLD SANDWICHES

CHOOSE: MULTI-GRAIN SUNFLOWER · CROISSANT BUN · SOURDOUGH · BAGEL · PRETZEL BUN

*GLUTEN FREE BREAD ADD .75



***HAM OR TURKEY... 7.00**

CHOICE OF SMOKED HAM OR MESQUITE TURKEY,
MUENSTER CHEESE, GREENS AND
RASPBERRY HONEY MUSTARD



***CURRY CHICKEN... 8.55**

CHICKEN, GRAPES, ONIONS, TOMATOES,
ALMONDS AND CELERY IN A COCONUT
CURRY MAYO

*1/2 COLD SANDWICH AVAILABLE ON SOURDOUGH OR MULTI-GRAIN SUNFLOWER BREAD ONLY

BURGERS

BALSAMIC TURKEY BURGER... 8.65

A FLAVORFUL TURKEY BURGER ON A WARM PRETZEL BUN WITH BALSAMIC ONION
JAM, GREENS, TOMATO AND GOAT CHEESE

BLACK BEAN BURGER... 8.25

HOUSEMADE BLACK BEAN BURGER TOPPED WITH GREENS, TOMATO AND AVOCADO CREAM
SAUCE ON A WARM PRETZEL BUN

ALL SANDWICHES SERVED WITH A SIDE OF GREENS OR GOURMET CHIPS



A TAKE-TWO OPTION

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SERVED 11AM TILL CLOSE

FLATBREADS

ON GRILLED GARLIC NAAN BREAD

*GLUTEN FREE FLATBREAD ADD .75



TOMATO PIE FLATBREAD... 7.25

OUR SAME TOMATO PIE DELICIOUSNESS WITH FRESH BASIL



BLEU AND PEAR... 7.45

PERFECT BALANCE BETWEEN GRILLED PEARS, TART BLEU CHEESE CRUMBLES AND BACON.
DRIZZLED WITH A BALSAMIC REDUCTION AND ARUGULA



SAUSAGE & ROASTED RED PEPPERS... 7.90

SAUSAGE AND RED PEPPERS LAYERED ON PESTO CREAM, FETA AND LEMON KALE



THREE CHEESE... 6.95

SIMPLE GOODNESS ON RED SAUCE

TAKE TWO

1/2 FLATBREAD • 1/2 SANDWICH • 1/2 SALAD • SOUP
9.65

CHOOSE TWO ITEMS FROM THE MENU WITH OUR LOGO 

ENTREES

SERVED: 11AM TILL CLOSE

SERVED WITH A SAVORY HERB SCONE

SPAGHETTI SQUASH & MEATBALLS... 10.95

SPAGHETTI SQUASH TOPPED WITH OUR HOUSE MADE MARINARA SAUCE, SPINACH FETA
CHICKEN MEATBALLS AND PARMESAN CHEESE

SHRIMP & GRIT CAKES... 10.95

TWO OF OUR CLASSIC GRIT CAKES WITH A HOUSEMADE CAJUN INSPIRED SAUCE
WITH SPINACH AND MUSHROOMS. TOPPED WITH GRILLED SHRIMP
SERVED WITH A SIDE OF GREENS

CILANTRO LIME BOWL... 6.95

RICE, QUINOA AND FARRO TOSSED IN A CILANTRO LIME DRESSING. TOPPED WITH SAUTEED SPINACH,
ONION, TOMATO AND MUSHROOMS. FINISHED WITH AN AVOCADO CREAM SAUCE

ADD: CHICKEN • SHRIMP • BACON (UPCHARGE)

SAUSAGE QUINOA BOWL ...8.65

QUINOA, SUNDRIED TOMATOES, MUSHROOMS, SAUSAGE, KALE AND PARMESAN CHEESE.
TOPPED WITH TWO EGGS OVER EASY



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