

BEVERAGES

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

HOUSE COFFEE	...2.00	CAPPUCCINO	...2.95
ESPRESSO	...2.00	RAW CAPPUCCINO	...3.15
AMERICANO	...2.25	HOT CHOCOLATE	...2.95
FRENCH PRESS	...3.25	FRENCH PRESS FOR 2	...5.25
COLD BREW	...3.00	COLD BREW MILK AND HONEY	...3.50
PUMPKIN SPICE COLD BREW	...4.00	CARAMEL APPLE CIDER	...3.50

LATTE

ICED OR BLENDED AVAILABLE IN 16OZ ONLY

	12OZ	16OZ		12OZ	16OZ
LATTE	...3.65	...4.55	PUMPKIN SPICE	...3.75	...4.65
VANILLA	...3.65	...4.55	MAPLE SPICE	...3.65	...4.55
CARAMEL	...3.65	...4.55	SALTED NUTELLA	...3.75	...4.65
SUGAR AND SPICE	...3.65	...4.55			

CHAI

	12OZ	16OZ
CHAI TEA LATTE	...3.35	...3.95
DIRTY ALMOND CHAI	...3.75	...4.45

MOCHA

MOCHA WHITE OR DARK	...3.65	...4.55
WHITE LAVENDER	...3.85	...4.65

TEA

LOOSE LEAF TEA

ROOIBOS · EARL GREY · ENGLISH BREAKFAST
· DECAF ENGLISH BREAKFAST

*ASK SERVER FOR A FULL CURRENT SELECTION

	16OZ
POT OF TEA*	...3.00
FOGGED TEA*	...3.95
LONDON FOG	...3.95
ICED HONEY LAVENDER LATTE	...3.45

RED TEA DRINKS

NATURAL, NON-CAFFEINATED
ROOIBOS RED TEA DRINKS ARE BREWED WITH A
TOUCH OF CINNAMON AND HONEY

RED CAPPUCCINO	...3.20
RED LATTE	...3.60
RED AMERICANO	...3.00

SMOOTHIES

ADD BANANA .50

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

MILKSHAKES

CHOCOLATE	...4.25
ESPRESSO	...4.25
STRAWBERRY	...4.25
VANILLA	...4.25

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



BYOB

BREAKFAST

SERVED TILL 2PM

GOOD MORNING, SUNSHINE!

BAGELS

PLAIN • EVERYTHING • MULTI GRAIN

BUTTER... 1.90 CREAM CHEESE... 2.65

FEATURED CREAM CHEESE... 2.95 VEGGIE CREAM CHEESE... 2.95

AVOCADO TOAST... 4.20

AVOCADO, RADISH SLICES AND SEA SALT ON TOASTED SUNFLOWER BREAD

**ADD MADE TO ORDER EGG...1.65

BAKED OATMEAL... 4.30

AUTUMN HARVEST • BLUEBERRY - SERVED WITH MILK

(GF) ORIGINAL BAKED OATMEAL... 4.90

QUICHE... 7.25

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

TOMATO PIE... 7.65

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

GLUTEN FREE... 8.55

SPINACH ARTICHOKE TOMATO PIE... 8.30

OUR SIGNATURE TOMATO PIE COMBINED WITH FRESH SPINACH AND ARTICHOKE HEARTS, SERVED
WARM WITH CHOICE OF ROSEMARY POTATOES, PARMESAN GRIT CAKE OR FRESH FRUIT

GLUTEN FREE... 9.20

MAPLE & SPICE FRENCH TOAST... 6.95

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

(GF) QUINOA PANCAKES... 6.45

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

(GF) PUMPKIN PANCAKES... 7.45

TWO DELIGHTFUL PUMPKIN PANCAKES TOPPED WITH A HOUSEMADE SALTED
Caramel Pumpkin Whipped Cream and Glazed Walnuts

V - VEGETARIAN • VG - VEGAN • GF - GLUTEN FREE

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

BREAKFAST BOWLS

CALI BOWL... 6.75

(SERVED ALL DAY)

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

QUINOA BREAKFAST BOWL... 8.70

(SERVED TIL 2PM)

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

(VG) CHIA PUDDING BOWL... 8.25

(SERVED ALL DAY)

COCONUT ALMOND MILK CHIA SEED PUDDING TOPPED WITH FRESH FRUIT AND GRANOLA.
SERVED WITH MULTI-GRAIN SUNFLOWER TOAST, ALMOND BUTTER AND SEA SALT

CHIA PUDDING SIDE... 3.85

BREAKFAST SANDWICHES

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

(V) FRIED EGGS AND KALE PANINI... 8.95

TWO FRIED EGGS, SAUTEED MUSHROOMS AND KALE, VERMONT CHEDDAR AND PESTO MAYO ON A PANINI

EGG & HAM PANINI... 8.75

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

(V) TPC CROISSANT... 8.65

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

FRIED EGGS & BRIE... 8.80

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

(V) WESTERN WRAP... 8.10

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... 8.55

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

(V, GF) SWEET POTATO EGG WRAP... 9.35

EGGS, CUCUMBERS, ONIONS, MUSHROOMS, TOMATOES, SPINACH AND HUMMUS
TUCKED IN A GLUTEN FREE SWEET POTATO TORTILLA

V - VEGETARIAN • VG - VEGAN • GF - GLUTEN FREE

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

GOLDEN EGG SPECIALTIES

ADD BACON... 2.45 ADD CHICKEN FETA SAUSAGE... 2.85 EGG WHITES...1.65

(V) MAPLE DAISE BENEDICT... 8.65

ENGLISH MUFFIN TOPPED WITH SPINACH, TOMATO SLICES, TWO POACHED EGGS AND FINISHED WITH A CREAMY MAPLE HOLLANDAISE SAUCE. SERVED WITH A PARMESAN GRIT CAKE

SAUSAGE & SQUASH HASH... 8.30

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

CLASSIC EGG DISH... 5.90

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

TRIPLE MEAT FLIPPER... 8.35

FLIP STYLE EGGS FILLED WITH HAM, BACON, SAUSAGE AND CHEESE

(V) VEGGIE FLIPPER... 7.95

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

(V) TOMATO PIE FLIPPER... 7.80

FLIP STYLE EGGS FILLED WITH OUR SIGNATURE TOMATO PIE DELICIOUSNESS

(V) SPINACH ARTICHOKE FLIPPER... 8.25

FLIP STYLE EGGS FILLED WITH OUR SIGNATURE TOMATO PIE, FRESH SPINACH AND ARTICHOKE

(V) BLACK BEAN FLIPPER... 7.95

FLIP STYLE EGGS FILLED WITH REFRIED BLACK BEANS, TOMATOES, RED ONION, AVOCADO, CILANTRO, MONTEREY JACK & CHEDDAR CHEESE AND 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:

PASTRIES

SCONE

PUMPKIN BROWN BUTTER... 2.35

MUFFINS

SUNSHINE • COFFEE CAKE • PUMPKIN CHOCOLATE CHIP • BLUEBERRY LEMON... 2.85

ALA CARTE

PURE MAPLE SYRUP... 1.10

FRESH CUT FRUIT... 4.85

BACON... 2.45

CHICKEN FETA SAUSAGE... 2.85

CHIA PUDDING SIDE... 3.85

HUMMUS SIDE... 3.85

**SUBSTITUTE THE CHIA PUDDING BOWL SIDE OR HUMMUS SIDE
FOR ANY BREAKFAST OR LUNCH SIDE ...2.85**

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

LUNCH/DINNER

SERVED: 11AM - CLOSE

SOUP & SIGNATURE PLATES

 **TOMATO BISQUE • SOUP DU JOUR... 4.95**

(V) **TOMATO PIE... 7.65**

A SLICE OF OUR SIGNATURE PIE SERVED WARM WITH GREENS AND A SAVORY HERB SCONE
DOUBLE... 11.55 • GLUTEN FREE... 8.50 • DOUBLE GLUTEN FREE...12.85

(V) **SPINACH ARTICHOKE TOMATO PIE... 8.30**

OUR SIGNATURE TOMATO PIE COMBINED WITH FRESH SPINACH AND ARTICHOKE HEARTS, SERVED
WARM WITH GREENS AND A SAVORY HERB SCONE
DOUBLE... 12.65 • GLUTEN FREE... 9.20 • DOUBLE GLUTEN FREE...13.45

QUICHE... 7.25

OUR HOUSEMADE QUICHE SERVED WITH GREENS AND A SAVORY HERB SCONE

(V) **HUMMUS PLATTER... 8.25**

HOUSEMADE HUMMUS SERVED WITH ROASTED RED PEPPERS, CUCUMBERS, RADISHES, ARTICHOKE
HEARTS, AND KALAMATA OLIVES WITH NAAN BREAD
GLUTEN FREE FLATBREAD ADD .1.00

HUMMUS SIDE... 3.85

TAKE TWO



CHOOSE TWO ITEMS FROM THE MENU WITH OUR LOGO



1/2 FLATBREAD • 1/2 SANDWICH • 1/2 SALAD • SOUP... 9.70

SALADS

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

 (V) **BLEU & PEAR SALAD... 8.85**

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

 (V) **TPC HOUSE SALAD... 6.80**

TOMATOES, CUCUMBER STRIPS, SHREDDED CARROTS AND MONTEREY JACK CHEESE SERVED ON
MIXED GREENS OR SPINACH

(V) **COBB SALAD... 8.95**

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

 **CURRY CHICKEN SALAD... 8.60**

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

• DRESSING CHOICES •

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

V - VEGETARIAN • VG - VEGAN • GF - GLUTEN FREE

ALL SANDWICHES SERVED WITH A SIDE OF GREENS OR GOURMET CHIPS

HOT SANDWICHES

 A TAKE-TWO OPTION

 **MAPLE TURKEY SANDWICH... 8.15**

MESQUITE TURKEY, CRISP APPLE SLICES, ARUGULA AND MAPLE BRIE ON GRILLED
MULTI-GRAIN SUNFLOWER BREAD

 **PESTO CHICKEN PANINI... 9.65**

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

 **HAM & BRIE PANINI... 8.85**

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

 **TURKEY & PESTO PANINI... 8.65**

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

 (V) **TPC GRILLED CHEESE... 6.90**

MUENSTER & VERMONT CHEDDAR CHEESE ON GRILLED SOURDOUGH
ADD ARTICHOKE HEARTS... 1.00 ADD BACON... 2.00

(V) **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

BURGERS

SRIRACHA TURKEY BURGER... 9.15

A FLAVORFUL TURKEY BURGER KICKED UP WITH A HOUSEMADE SRIRACHA LIME AIOLI,
ROASTED RED PEPPERS, BLEU CHEESE AND SPINACH ON A GRILLED PRETZEL BUN

(V) **NOT YOUR SLOPPY JOE... 8.25**

PLANT BASED MEATLESS, SOY FREE, CRUMBLES BASKING IN A HICKORY SMOKED BBQ SAUCE
WITH A CASHEW CREAM SAUCE. SERVED ON A GRILLED PRETZEL BUN
(VG,GF) WRAP IN A SWEET POTATO TORTILLA... ADD 1.00

*NOTE... MYCOPROTEIN CRUMBLES CONTAIN A SMALL AMOUNT OF DEHYDRATED EGG WHITES

BALSAMIC TURKEY BURGER... 8.65

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

(V) **BLACK BEAN BURGER... 8.30**

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

**TOMATO PIE CAFE TAKES GREAT CARE IN CREATING AN EXCLUSIVE BRAND
THAT IS INNOVATIVE AND WHOLESOME.**

COLD SANDWICHES

CHOOSE: MULTI-GRAIN SUNFLOWER • CROISSANT BUN • SOURDOUGH • BAGEL • PRETZEL BUN
VEGAN SWEET POTATO TORTILLA OR GLUTEN FREE BREAD ADD 1.00

(VG,GF) **SWEET POTATO VEGGIE WRAP... 9.95**

LEMON KALE, AVOCADO, RADISHES, CARROTS, CUCUMBERS AND ROASTED RED PEPPERS WITH A CREAMY DAIRY-FREE CASHEW SAUCE, IN A GRILLED SWEET POTATO TORTILLA



***HAM OR TURKEY... 7.05**

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



***CURRY CHICKEN... 8.60**

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

FLATBREADS

ON GRILLED GARLIC NAAN BREAD

GLUTEN FREE FLATBREAD ADD .75



(V) **TOMATO PIE FLATBREAD... 7.30**

OUR SAME TOMATO PIE DELICIOUSNESS WITH FRESH BASIL



(V) **SPINACH ARTICHOKE TOMATO PIE FLATBREAD... 7.50**

SAME DELICIOUS SPINACH ARTICHOKE TOMATO PIE ON A FLATBREAD



BLEU AND PEAR... 8.25

PERFECT BALANCE BETWEEN GRILLED PEARS, TART BLEU CHEESE CRUMBLES AND BACON DRIZZLED WITH OLIO DARK BALSAMIC AND ARUGULA



SAUSAGE & ROASTED RED PEPPERS... 8.45

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



THREE CHEESE... 6.95

SIMPLE GOODNESS ON RED SAUCE



CHICKEN BUTTERNUT SQUASH... 8.15

ROASTED BUTTERNUT SQUASH, CHICKEN, CARAMELIZED ONIONS, GOAT CHEESE

ENTREES

SPAGHETTI SQUASH & MEATBALLS... 10.95

SPAGHETTI SQUASH TOPPED WITH OUR HOUSEMADE 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 AND SERVED WITH A SIDE OF GREENS

CILANTRO LIME BOWL... 7.05

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... 2.25 • SHRIMP... 5.00 • BACON... 2.00

SAUSAGE QUINOA BOWL ...8.70

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

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