

BEVERAGES

ADD A FLAVOR .55 ADD A SHOT .85 SOY, ALMOND 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
COLD BREW	...3.00	COLD BREW MILK AND HONEY	...3.50
FRENCH PRESS	...3.25	FRENCH PRESS FOR 2	...5.25

LATTE

MOCHA

ICED OR BLENDED AVAILABLE IN 16OZ ONLY

	12OZ	16OZ		12OZ	16OZ
LATTE	...3.15	...3.95	CAFE MOCHA	...3.65	...4.55
VANILLA	...3.55	...4.45	WHITE LAVENDER	...3.85	...4.65
CARAMEL	...3.65	...4.55	ALMOND JOY	...3.85	...4.65
SUGAR AND SPICE	...3.65	...4.55			
CREME BRULEE	...3.65	...4.55			

TEA

CHAI

	16OZ		12OZ	16OZ
POT OF TEA*	...3.00	CHAI TEA LATTE	...3.35	...3.95
FOGGED TEA*	...3.95	DIRTY ALMOND CHAI	...3.75	...4.45
LONDON FOG	...3.95			
ICED HONEY LAVENDER LATTE	...3.45			

LOOSE LEAF TEA

ROOIBOS · EARL GREY · ENGLISH BREAKFAST
DECAF ENGLISH BREAKFAST

*ASK SERVER FOR A FULL CURRENT SELECTION

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
MANGO ICED TEA	...2.55		

SMOOTHIES

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

ADD BANANA .50

MILKSHAKES

SALTED COCONUT · 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



PASTRIES

SCONE

CINNAMON ROLL... 2.35

MUFFINS

SUNSHINE · COFFEE CAKE · CHOCOLATE CHIP · BLUEBERRY LEMON... 2.85

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... 4.20

(SERVED ALL DAY)

AVOCADO, RADISH SLICES AND SEA SALT ON TOASTED SUNFLOWER BREAD

BAKED OATMEAL... 4.30

CHERRY ALMOND · BLUEBERRY - SERVED WITH MILK

(GF) ORIGINAL BAKED OATMEAL... 4.90

QUICHE... 7.25

SLICE OF OUR 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) COCONUT QUINOA PANCAKES... 7.85

HEARTY PROTEIN PACKED COCONUT QUINOA PANCAKES MADE WITH GLUTEN FREE FLOUR AND SERVED WITH COCONUT INFUSED WHIPPED CREAM.

(GF) QUINOA PANCAKES... 6.45

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

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

BREAKFAST BOWLS

CALI BOWL... 6.75

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

QUINOA BREAKFAST BOWL... 8.70

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

(V) SUPER CHIA BOWL... 8.25

OUR CREAMY CHIA PUDDING MADE WITH ALMOND MILK, LIGHTLY SWEETENED WITH MAPLE SYRUP,
TOPPED WITH FRESH FRUIT, GRANOLA AND BLUEBERRY PRESERVES.
SERVED WITH MULTI-GRAIN SUNFLOWER TOAST, ALMOND BUTTER AND SEA SALT

BREAKFAST SANDWICHES

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

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

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

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 - VEGAN • GF - GLUTEN FREE

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GOLDEN EGG SPECIALTIES

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

BAKED PORTOBELLO MUSHROOM... 7.95

MUSHROOM CAP FILLED WITH BACON, RED PEPPERS, FETA AND TOPPED WITH TWO EGGS TO ORDER.
SERVED WITH CHOICE OF ROSEMARY POTATOES, PARMESAN GRIT CAKE, FRESH FRUIT OR GREENS

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

VEGGIE FLIPPER... 7.95

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

TOMATO PIE FLIPPER... 7.80

FLIP STYLE EGGS FILLED WITH OUR SIGNATURE TOMATO PIE DELICIOUSNESS

SPINACH ARTICHOKE FLIPPER... 8.25

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

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:

SOURDOUGH • MULTI-GRAIN SUNFLOWER • GLUTEN FREE BREAD ADD .75

SMALL SIDE

ADD TO ANY MEAL ...3.00

SUB FOR ANY BREAKFAST OR LUNCH SIDE ...2.00

(V) SUPER CHIA BOWL

OUR CREAMY CHIA PUDDING MADE WITH ALMOND MILK, LIGHTLY SWEETENED WITH MAPLE SYRUP, TOPPED WITH FRESH FRUIT, GRANOLA AND BLUEBERRY PRESERVES

HUMMUS SIDE

A SMALL VERSION OF OUR HUMMUS PLATTER WITH CUCUMBERS, RADISHES, ARTICHOKE HEARTS, ROASTED RED PEPPERS, KALAMATA OLIVES AND NAAN BREAD FOR DIPPING

ALA CARTE

PURE MAPLE SYRUP... 1.10

FRESH FRUIT... 4.85

BACON... 2.45

CHICKEN FETA SAUSAGE... 2.85

SCONE... 2.35

MUFFINS... 2.85

V - VEGAN • GF - GLUTEN FREE

**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**

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

SPINACH ARTICHOKE TOMATO PIE... 8.25

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

DAILY SELECTION. SERVED WITH GREENS AND A SAVORY HERB Scone

HUMMUS PLATTER... 8.25

HOUSEMADE HUMMUS SERVED WITH ROASTED RED PEPPERS, CUCUMBERS, RADISHES, ARTICHOKE
HEARTS, AND KALAMATA OLIVES WITH WARM NAAN BREAD
GLUTEN FREE FLATBREAD ADD .75

TAKE TWO

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

CHOOSE TWO ITEMS FROM THE MENU WITH OUR LOGO 

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... 6.80**

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

 **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 COCONUT CURRY MAYO
SERVED ON A BED OF MIXED GREENS

• DRESSING CHOICES •

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

ALL SANDWICHES SERVED WITH A SIDE OF GREENS OR GOURMET CHIPS

HOT SANDWICHES

CURRY NAAN GRILLED CHEESE.. 5.85

MILD CURRY SAUCE AND MELTED MUENSTER CHEESE ON GRILLED NAAN BREAD
WITH CHICKEN ADD...2.25

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

TPC GRILLED CHEESE... 6.90

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

BURGERS

FARMHOUSE BURGER... 8.95

TURKEY BURGER TOPPED WITH MUENSTER CHEESE, AN OVER EASY EGG, TWO SLICES OF CRISP BACON,
AND GREENS ON A GRILLED PRETZEL BUN.

NOT YOUR SLOPPY JOE... 8.25

PLANT BASED MEATLESS CRUMBLES BASKING IN A HICKORY SMOKED BBQ SAUCE , TOPPED WITH A CREAMY DAIRY-FREE CASHEW SAUCE. SERVED ON A GRILLED PRETZEL BUN.

(V,GF) SWEET POTATO TORTILLA... ADD .75

BALSAMIC TURKEY BURGER... 8.65

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

BLACK BEAN BURGER... 8.30

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

COLD SANDWICHES

CHOOSE: MULTI-GRAIN SUNFLOWER • CROISSANT BUN • SOURDOUGH • BAGEL • PRETZEL BUN
VEGAN SWEET POTATO TORTILLA OR GLUTEN FREE BREAD ADD .75

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

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

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

CHOICE OF SMOKED HAM OR MESQUITE TURKEY, MUENSTER 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



A TAKE-TWO OPTION

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

V - VEGAN • GF - GLUTEN FREE

FLATBREADS

ON GRILLED GARLIC NAAN BREAD

GLUTEN FREE FLATBREAD ADD .75

 **TOMATO PIE FLATBREAD... 7.30**

OUR SAME TOMATO PIE DELICIOUSNESS WITH FRESH BASIL

 **SPINACH ARTICHOKE TOMATO PIE FLATBREAD... 7.50**

SAME DELICIOUS SPINACH ARTICHOKE TOMATO PIE ON A FLATBREAD

 **BLEU AND PEAR... 7.50**

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

 **SAUSAGE & ROASTED RED PEPPERS... 7.95**

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

 **THREE CHEESE... 6.95**

SIMPLE GOODNESS ON RED SAUCE

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. 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

SMALL SIDE

ADD TO ANY MEAL ...3.00

SUB FOR ANY BREAKFAST OR LUNCH SIDE ...2.00

(V) **SUPER CHIA BOWL**

OUR CREAMY CHIA PUDDING MADE WITH ALMOND MILK, LIGHTLY SWEETENED WITH MAPLE SYRUP,
TOPPED WITH FRESH FRUIT, GRANOLA AND BLUEBERRY PRESERVES

HUMMUS SIDE

A SMALL VERISON OF OUR HUMMUS PLATTER WITH CUCUMBERS, RADISHES, ARTICHOKE HEARTS, ROASTED
RED PEPPERS, KALAMATA OLIVES AND NAAN BREAD FOR DIPPING

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