

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
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			

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

SMOOTHIES

STRAWBERRY · PINEAPPLE ...4.25

GREEN MACHINE ...4.85 · 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



PASTRIES

SCONE

FEATURED... 2.35

MUFFINS

SUNSHINE · 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 VEGGIE 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

FEATURED · 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

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

(V) CHIA PUDDING BOWL... 8.25

(SERVED ALL DAY)

COCONUT ALMOND MILK CHIA SEED PUDDING 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

(GF) SWEET POTATO EGG WRAP... 9.35

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

V - VEGAN • GF - GLUTEN FREE

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

GOLDEN EGG SPECIALTIES

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

TRIPLE MEAT FLIPPER... 8.35

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

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

CHILLED SOUP... 3.85

SEASONAL SELECTION

(V) CHIA PUDDING BOWL... 3.85

COCONUT ALMOND MILK CHIA SEED PUDDING TOPPED WITH FRESH FRUIT, GRANOLA AND BLUEBERRY PRESERVES.

HUMMUS SIDE... 3.85

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

SUB FOR ANY BREAKFAST OR LUNCH SIDE ...2.85

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**

 **CHILLED SOUP - SEASONAL SELECTIONS... 5.25**

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... 8.30

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

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



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

 **FIG ARUGULA SALAD... 8.95**

ARUGULA TOPPED WITH FIGS, BLACKBERRIES, GOAT CHEESE AND GLAZED WALNUTS.
DRIZZLED WITH BALSAMIC

 **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

ALL SANDWICHES SERVED WITH A SIDE OF GREENS OR GOURMET CHIPS

HOT SANDWICHES

ADULT GRILLED CHEESE... 7.65

BACON, PARMESAN CHEESE SPREAD, HABANERO AND VERMONT CHEESE ON SUNFLOWER MULTI-GRAIN BREAD
MAKES THIS A HOT ONE!

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

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

NOT YOUR SLOPPY JOE... 8.25

PLANT BASED MEATLESS CRUMBLES BASKING IN A HICKORY SMOKED BBQ SAUCE WITH CASHEW CREAM.

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, 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, 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... 8.25

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

CAPRESE... 8.15

RIPE ROMA TOMATO SLICES, PESTO, MOZZARELLA AND FRESH BASIL. DRIZZLED WITH BALSAMIC

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

CHILLED SOUP... 3.85

SEASONAL SELECTION

(V) CHIA PUDDING BOWL... 3.85

COCONUT ALMOND MILK CHIA SEED PUDDING TOPPED WITH FRESH FRUIT, GRANOLA AND BLUEBERRY
PRESERVES.

HUMMUS SIDE... 3.85

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

SUB FOR ANY BREAKFAST OR LUNCH SIDE ...2.85

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

SWEETS

CAKES

FEATURED TRIPLE LAYER • (GF) CHOCOLATE FUDGE

S'MORES BROWNIE

LAYERS OF GRAHAM CRACKERS, CHOCOLATE AND MARSHMALLOW MOUSSE

(V,GF) BERRY CRUMB BAR

SHORTBREAD CRUST WITH SEASONAL FRUIT FILLING
AND CRUMB TOPPING

(V,GF) RASPBERRY LEMON CHEESECAKE

LEMON CHEESECAKE TOPPED WITH RASPBERRY CHIA PUREE ON A CHOCOLATE
ALMOND CRUST. SERVED WITH COCONUT WHIPPED CREAM

DREAMCAKES

SALTED CARAMEL • CONFETTI

PIES

COCONUT CREME • CHOCOLATE CREME • PEANUT BUTTER DELUXE •
LEMON MERINGUE

WHOOPIE PIES

CHOCOLATE PEANUT BUTTER • CHOCOLATE VANILLA

COOKIES

CHOCOLATE CHUNK • MOLASSES • OATMEAL SUNSHINE •
ICED SUGAR COOKIE • (GF) CHOCOLATE ALMOND

(GF) RASPBERRY COCONUT MACAROON

TRADITIONAL COCONUT MACAROON WITH RASPBERRY AND DARK CHOCOLATE

VANILLA ICE CREAM

BY THE SCOOP

V- VEGAN

GF - GLUTEN FREE. NOTE: ITEMS ARE NOT MADE IN A GLUTEN-FREE FACILITY