

# 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
CARAMEL MACCHIATO	...3.65	...4.55	
CINNAMON ROLL STEAMER	...3.55	...4.25	

## 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	PEPPERMINT	...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			
PEPPERMINT FOG	...3.95			

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
PASSION FRUIT ICED TEA	...2.85		

## 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



BYOB

# PASTRIES

## SCONE

CHOCOLATE ESPRESSO... 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

BLUEBERRY OR BANANA WALNUT - SERVED WITH MILK

**BROWN SUGAR - GLUTEN FREE... 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

### BANANA AND CUSTARD FRENCH TOAST... 7.55

TWO THICK SLICES OF BRIOCHE BREAD, STUFFED WITH HOUSEMADE CREME PATISSIERE AND TOPPED WITH DELICIOUS SALTED CARAMEL AND BANANAS

### (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

## **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

## **(GF) EGG AND VEGGIE WRAP... 8.70**

EGGS, CUCUMBERS, ONIONS, MUSHROOMS, TOMATOES, SPINACH AND A DAIRY-FREE CASHEW CREAM  
TUCKED IN A SWEET POTATO TORTILLA

## **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

## 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

## ROASTED BEET FLIPPER... 7.45

FLIP STYLE EGGS WITH DICED BEETS AND GOAT CHEESE. GARNISHED WITH CILANTRO

## 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... 8.05

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 SIDES

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

### BEET SIDE SALAD

ROASTED RED AND GOLDEN BEETS, GOAT CHEESE AND RED ONION ON A BED OF ARUGULA

## 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

 **ROASTED BEET SALAD... 8.00**

MIXED GREENS TOPPED WITH ROASTED RED AND GOLDEN BEETS, GOAT CHEESE, RED ONION SLICES AND  
CANDIED WALNUTS. ACCOMPANIED BY A RED BEET EGG

 **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

### **GREEN GODDESS GRILLED CHEESE... 7.95**

SOURDOUGH BREAD, MELTED CHEDDAR AND MOZZARELLA, ARUGULA AND A DELICIOUS GREEN GODDESS SAUCE

### **RED BEET REUBEN... 7.70**

A TRENDY TWIST ON THE CLASSIC REUBEN SANDWICH! SUNFLOWER BREAD WITH ROASTED RED BEET SLICES, SAUERKRAUT, SWISS CHEESE AND THOUSAND ISLAND

### **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

### **(v,GF) NOT YOUR SLOPPY JOE... 8.45**

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

MAKE IT VEGAN AND GLUTEN FREE! TRY IT IN A SWEET POTATO TORTILLA

### **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) CASHEW CREAM VEGGIE WRAP... 9.45**

LEMON KALE, AVOCADO, MUSHROOMS, RADISHES, CARROTS AND SUNDRIED TOMATOES 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 SIDES

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

**BEET SIDE SALAD**

ROASTED RED AND GOLDEN BEETS, GOAT CHEESE AND RED ONION ON A BED OF ARUGULA

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