

Food Menu

Fresh Local Pastries: see case for availability and price

[Macrina Café and Bakery](#) –fresh artisan pastries

[Essential Baking Co.](#) –lots of organic products

[Little Rae's Bakery](#) –a nut free bakery

[Flying Apron](#) –gluten free breakfast bar

[Chew-E-Core](#) –gluten free cookie

[Heavenly Pastry & Cake](#) –brand new to our Bakery list!

BREAKFAST ...served all day!

| | | |
|---|------------------------------------|---------|
| Egg Sandwich –Organic brown egg with cheese, bacon and spices on: | toasted organic cibatta | \$ 4.15 |
| | toasted bagel of your choice | \$ 4.65 |
| | warm ham herb 'n cheese biscuit | \$ 5.65 |

Breakfast Burrito –Cage-free egg, cheddar
cheese, spicy sour cream served hot on a flour
tortilla

\$ 3.50

Peanut Butter Sammy -warm organic cibatta
with PB 'n J

\$ 3.00

Extras: cream cheese, bacon, cheddar
cheese, peanut butter, jam

\$.55

**Coffee and pastries available for “catering”... allow at
least 48 hours notice –contact Delia or Heidi for ordering
info**

LUNCH ...ready to go after 11am!

“Sliders” -small sandwiches served on an
organic roll and with pickle, pepper, and chips:

- Bird's own Chicken Salad: mayo,
mustard, garlic, pepper, onion, parsley
 - Slow Cooked Pork Tenderloin: smothered
with your choice of sauce –ask your
barista for today's selection!
- one for \$ 3.50
two for \$ 6.00

Soup/Salad –served with an organic roll
...homemade, rotating selection

Bowl-price varies