

Drinks				Smoothies		Breakfast		Lunch	
S 10 oz / M 12 oz / L 16 oz				(16 oz / 20 oz)		Includes Fruit or Salad		Includes Salad	
Hot Drinks	S	M	L	Orange Juice	4.95 / 5.95	Any Bagel, Cream Cheese or Hummus	4.50	Lox Bagel	8.95
Coffee	2.50	2.75	3.25					toasted bagel with Lox, cream cheese, onions, & capers	
Hot Herbal Tea	2.25	2.50	2.95	Twilight Zone	6.95 / 7.25	Veggie Bagel	6.50		
Café Au Lait	2.50	2.75	3.25	apple, mint, blackberry & pineapple		cream cheese, Butter/Jam, humus avocado/veggie		Pacific Tuna	8.95
Hot Chocolate	2.65	3.15	3.65					albacore tuna salad on sliced bread topped with tomato & lettuce	
Chai Latte	3.25	3.75	4.25	Green Delight	6.95 / 7.25	American Breakfast	8.50		
				apple, parsley, mint, mango & banana		toast/jam, egg/cheese, fresh avocado, veggie, pasta salad, sausage and bacon		Super Veggie Sandwich (Vegan) or Panini	9.95
Espresso								humus, avocado with toppings	
Small / Medium.....	2 Shots			Berry Madness	6.95/ 7.25	Egg Cheese Bagel	5.50	cheese 1.00	
Large.....	4 Shots			apple, blackberry, blueberry & strawberry		toasted bagel with egg & cheese avocado & veggie 1.00			
	S	M	L			<i>Sausage 1.50</i>		Windmill Turkey Sandwich or Panini	9.95
Espresso	3.25			Windmill Colada	6.95 / 7.25	<i>Bacon 1.50</i>		oven roast turkey breast with toppings	
Americano	2.50	2.75	3.25	mango, pineapple, banana and milk					
Cappuccino	3.15	3.65	4.15			Large Salad	8.95	Montana Chicken Sandwich or Panini	9.95
Latte	3.25	3.85	4.15			• Mixed green		Sliced herb chicken with toppings	
Dark Mocha	3.65	4.15	4.65	Build your Own	7.25	• Beet Salad			
White Mocha	4.25	4.75	5.25	(up to 6 item)		• Pasta Salad		CAL Italian Sandwich or Panini	9.95
								Genoa salami & pepperoni with toppings	
ON ICE	16oz / 20oz.			Fruit Option:		Daily Soup	3.95		
Iced Coffee	2.75	3.75		Blackberry, Blueberry, Strawberry, Mango, Pineapple, Banana		Soup & salad	8.95	Bread:	
Iced Tea	2.95	3.25				• Cream of Mushroom		Multi Grain Ciabatta, French roll, Wheat Toast	
Iced Latte	3.65	4.15		Liquid Option:		• Creamy Tomato			
Iced Mocha	4.15	4.65		milk, almond Milk, coconut milk, fresh orange juice, apple Juice		• Butternut Squash		Sauce:	
Iced Chai Latte	3.75	4.25						Tahini aioli, Honey Mustard, Sesame, Mustard	
				Add on:		Bagel Options:			
Extra 2 Shots	1.10			chia seed, turmeric, honey, and organic protein	1.00	plain, sesame, everything, jalapeño & cheese		Toppings:	
Syrups:	0.60							Jack Cheese, Lettuce, Tomato, Cucumber, Pepperoncini & Red Onions	
Vanilla, Caramel, Hazelnut, and coconut									
Milk Options:	Almond / soy/ oat milk								
Pastries									
Small Pastry	3.00								
Premium Pastry	3.95								