

Drinks				Smoothies		Breakfast		Lunch	
S 10 oz / M 12 oz / L 16 oz				(16 oz / 20 oz)		Includes Fruit or Salad		Includes Salad	
<b>Hot Drinks</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>Orange Juice</b>	<b>4.95 / 5.95</b>	<b>Any Bagel, Cream Cheese or Hummus</b>	<b>4.50</b>	<b>Lox Bagel</b>	<b>9.95</b>
Coffee	2.50	2.75	3.25	<b>Twilight Zone</b>	<b>6.95 / 7.25</b>	<b>Veggie Bagel</b>	<b>6.50</b>	toasted bagel with Lox, cream cheese, onions, & capers	
Hot Herbal Tea	2.25	2.50	2.95	apple, mint, blackberry & pineapple		cream cheese, Butter/Jam, humus avocado/veggie		<b>Pacific Tuna</b>	<b>8.95</b>
Café Au Lait	2.50	2.75	3.25	<b>Green Delight</b>	<b>6.95 / 7.25</b>	<b>American Breakfast</b>	<b>8.50</b>	albacore tuna salad on sliced bread topped with tomato & lettuce	
Hot Chocolate	2.65	3.15	3.65	apple, parsley, mint, mango & banana		toast/jam, egg/cheese, fresh avocado, veggie, pasta salad, sausage and bacon		<b>Super Veggie Sandwich (Vegan) or Panini</b>	<b>9.95</b>
Chai Latte	3.25	3.75	4.25	<b>Berry Madness</b>	<b>6.95/ 7.25</b>	<b>Egg Cheese Bagel</b>	<b>5.50</b>	humus, avocado with toppings	
<b>Espresso</b>				apple, blackberry, blueberry & strawberry		toasted bagel with egg & cheese avocado & veggie 1.00		<b>cheese 1.00</b>	
Small / Medium.....	2 Shots			<b>Windmill Colada</b>	<b>6.95 / 7.25</b>	<i>Sausage 1.50</i>		<b>Windmill Turkey Sandwich or Panini</b>	<b>9.95</b>
Large.....	4 Shots			mango, pineapple, banana and milk		<i>Bacon 1.50</i>		oven roast turkey breast with toppings	
	<b>S</b>	<b>M</b>	<b>L</b>	<b>Build your Own</b>	<b>7.25</b>	<b>Large Salad</b>	<b>8.95</b>	<b>Montana Chicken Sandwich or Panini</b>	<b>9.95</b>
<b>Espresso</b>	<b>3.25</b>			(up to 6 item)		<ul style="list-style-type: none"> <li>Mixed green</li> <li>Beet Salad</li> <li>Pasta Salad</li> </ul>		Sliced herb chicken with toppings	
<b>Americano</b>	<b>2.50</b>	<b>2.75</b>	<b>3.95</b>	<b>Fruit Option:</b>		<b>Daily Soup</b>	<b>3.95</b>	<b>CAL Italian Sandwich or Panini</b>	<b>9.95</b>
<b>Cappuccino</b>	<b>3.15</b>	<b>3.65</b>	<b>4.15</b>	Blackberry, Blueberry, Strawberry, Mango, Pineapple, Banana		<b>Soup &amp; salad</b>	<b>8.95</b>	Genoa salami & pepperoni with toppings	
<b>Latte</b>	<b>3.25</b>	<b>3.85</b>	<b>4.15</b>	<b>Liquid Option:</b>		<ul style="list-style-type: none"> <li>Cream of Mushroom</li> <li>Creamy Tomato</li> <li>Butternut Squash</li> </ul>		<b>Bread:</b>	
<b>Dark Mocha</b>	<b>3.65</b>	<b>4.15</b>	<b>4.65</b>	milk, almond Milk, coconut milk, fresh orange juice, apple Juice		<b>Bagel Options:</b>		Multi Grain Ciabatta, French roll, Wheat Toast	
<b>White Mocha</b>	<b>4.25</b>	<b>4.75</b>	<b>5.25</b>	<b>Add on:</b>		plain, sesame, everything, jalapeño & cheese		<b>Sauce:</b>	
<b>ON ICE</b>	<b>16oz / 20oz.</b>			chia seed, turmeric, honey, and organic protein	<b>1.00</b>			Tahini aioli, Honey Mustard, Sesame, Mustard	
<b>Iced Coffee</b>	<b>2.75</b>	<b>3.75</b>						<b>Toppings:</b>	
<b>Iced Tea</b>	<b>2.95</b>	<b>3.25</b>						Jack Cheese, Lettuce, Tomato, Cucumber, Pepperoncini & Red Onions	
<b>Iced Latte</b>	<b>3.65</b>	<b>4.15</b>							
<b>Iced Mocha</b>	<b>4.15</b>	<b>4.65</b>							
<b>Iced Chai Latte</b>	<b>3.75</b>	<b>4.25</b>							
<b>Extra 2 Shots</b>		<b>1.10</b>							
<b>Syrups:</b>		<b>0.60</b>							
<b>Vanilla, Caramel, Hazelnut, and coconut</b>									
<b>Milk Options:</b>									
Almond / soy/ oat milk									
<b>Pastries</b>									
<b>Small Pastry</b>		<b>3.00</b>							
<b>Premium Pastry</b>		<b>3.95</b>							