

Breakfast Ends at 11am

Good Morning St. Louis 10.00

Sourdough, egg, spinach, chorizo patty, basil-goat cheese spread, grilled

The Arch 8.75

Everything bagel, egg, bacon, provolone, tomato, spinach, lemon-garlic aioli, grilled

Brunch On The Hill 9.75

Sourdough, egg, bacon, provolone, spinach, pesto cream cheese, grilled

Soulard Market (small cravings) 6.25

Wheat bagel, cream cheese, peppers, spinach, cucumber, tomato, onion, grilled *add egg 2.50

Mini Egg & Cheese (small cravings) 6.75

English muffin, egg, cheddar, grilled

Load Up The Toast 8.75

Choice of avocado, tomato, goat cheese -OR- Nutella, strawberries

Lunch

Starts at 11am

Grilled Chipotle Chicken 10.75

Ciabatta, chicken strips, spinach, provolone, chipotle mayo, grilled

Grilled Tomaza v 9.75

Sourdough, basil goat cheese, tomato, red onion, grilled *add bacon 1.75 / chicken 2.00

Grilled Cheese v 7.75

Sourdough, provolone, cheddar, butter, grilled
*add bacon 1.75 / ham 2.50

Pesto Grilled Cheese v 8.75

Sourdough, pesto, provolone, cheddar, butter, grilled *add bacon 1.75 / ham 2.50

Park Ave 10.25

Ciabatta, chicken, spinach, provolone, tomato, pesto, balsamic glaze, grilled

Just A Taste (small cravings) 7.25

1/2 Sourdough, ham, cheddar cheese, grilled, side of mixed greens

GF gluten-free V vegetarian V* vegan DF dairy free

Gluten Free Bread 1.00

Lunch

Starts at 11am

Pesto Turkey-Bacon 12.25

Wheat, turkey, bacon, provolone, red onion, lettuce, creamy pesto

Humm-Dinger v 9.75

Wheat, hummus, spinach, cucumbers, red onions, goat cheese (minus goat cheese - V*)

Farmers Choice 11.00

Wheat, ham, swiss, lettuce, tomato, cucumber, creamy dijon

Art Hill Picnic 11.75

Wheat, turkey, provolone, mixed greens, tomato, red onion, lemon-garlic aioli

Chicken Salad Wrap 11.50

In-house chicken salad, green leaf lettuce, spinach wrap (contains pecans*)

Veggie Wrap v 10.50

Hummus, quinoa, spinach, red pepper, cucumber, red onion, goat cheese, lemon-garlic, spinach wrap (minus goat cheese - V*)

Sandwiches & Wraps Come w/Chips or Apple

Lunch

Starts at 11am

Southwest Garden Salad GF V V* 10.25

Mixed greens, quinoa, black beans, corn salsa, avocado, tomato, red pepper, red onion, SW ranch
add wrap 1.50 add chicken 2.00

A Berry Summer Salad GF 10.75

Mixed greens, chicken, goat cheese, red onions, strawberries, cranberries, pecans, poppyseed
add wrap 1.50

Mixed Greens Caesar 10.25

Mixed greens, chicken, parmesan, croutons, caesar dressing (minus croutons - GF)
add wrap 1.50

Greens At Shaw GF 10.00

Spinach, chicken, quinoa, parmesan, creamy pesto
add wrap 1.50

Hummus & Veggies (small cravings) 6.00

House-made hummus, cucumbers, peppers, celery

Balsamic Vinaigrette | Ranch | Vegan Ranch
Caesar | Poppyseed

Coffee

	12	16	20
Drip Coffee	2.75	3.00	3.25
Iced Coffee	2.75	3.00	3.25
Refills	1.00	1.00	1.00
Cold Brew	4.00	4.25	4.50
Café Au Lait	3.25	3.50	3.75

Espresso

	12	16	20
Americano	3.25	3.75	
Red Eye	3.50	4.00	4.25
Cappuccino	3.25		
Latte	4.00	4.50	4.75
Mocha	4.50	5.00	5.25
White Mocha	4.50	5.00	5.25
Caramel Delight	4.25	4.75	5.00
Lavender Latte	4.75	5.00	5.25
Café Miel	4.25	4.75	5.25
Latte Special	4.50	4.75	5.25

Espresso	2.50	+ Sugar	
Cubano	2.50	+ Dollop of Foam	
Macchiato	3.00	+ 2oz Steamed Milk	
Cortado	3.00		

Add Flavor	.70		
Extra Shot	.75	Almond Oat	
Milk Alternative	.90		

Not Coffee

	12	16	20
Hot Chocolate	3.75	4.00	4.25
Sundust Latte	4.25	4.50	4.75
Matcha Latte	4.25	4.50	4.75
Chai Latte	4.25	4.75	5.25
Hot Tea	3.50		
Iced Tea	3.50		
Italian Soda	2.50	2.75	3.00
French Soda	2.75	3.00	3.25

Strawberry | Raspberry
Vanilla | Blackberry

Blended

	12	16	20
Frappé	5.75	6.00	6.50

Mocha | Caramel | Vanilla
(Comes w/ whip. Add shot .75)

Smoothie

7.75

Strawberry Sun Rise

Strawberries, Banana, Apple Juice,
Orange Juice, Almond Milk

Green Fuel

Pineapple, Banana, Apple Juice,
Spinach, Oat Milk, Orange Juice

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