

Breakfast Ends at 11am

Good Morning St. Louis 10.00

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

Early Riser 8.75

Everything bagel, egg, bacon, provolone, spinach, spicy cream cheese, grilled

Brunch On The Hill 9.75

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

A Tower Grove Stroll 8.75

English muffin, egg, bacon, cheddar, blackberry jam *includes side of greens w/vinaigrette

Mini Egg & Cheese (small cravings) 6.75

English muffin, egg, cheddar, grilled

Oatmeal (small cravings) 6.75

Oats, maca root, cinnamon, sugar, vanilla, milk, hemp seeds, pecans *choice of blueberries or strawberries topped with whipped cream

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

Just A Taste (small cravings) 7.25

1/2 Sourdough, ham, cheddar cheese, grilled, side of mixed greens *add side of soup 5.50

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

Gluten Free Bread 1.00

Lunch

Starts at 11am

The STL (Sweet & Tangy Lou) 10.00

Wheat, ham, swiss, mild banana peppers, spinach, sweet & tangy mayo, grilled

South Grand 9.50

Sourdough, red peppers, tomato, spinach, red onions, provolone, spicy cream cheese, grilled

*add bacon 1.75 / ham 2.50

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

Sandwiches & Wraps Come w/Chips or Apple

Lunch

Starts at 11am

Fall For Apples Salad v GF 10.75

Mixed greens, chicken, sliced apples, cranberries, pecans, goat cheese, red onions, balsamic

Mixed Greens Caesar 10.25

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

add wrap 1.50

Cranberry Winter Wrap 11.25

Spinach, quinoa, chicken, cranberries, red onion, parmesan, creamy pesto, spinach wrap

Veggie Wrap v 10.50

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

Cup of Soup 5.50

Rotating selection

*add side salad with choice of dressing 8.00

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

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

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

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 | Peppermint

Blended

	12	16	20
Frappé	5.75	6.00	6.50

Mocha | Caramel | Vanilla
(Comes w/ whip. Add shot .65)

Smoothie

7.75

Strawberry Sun Rise

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

Green Fuel

Pineapple, Banana, Spinach,
Apple Juice, Oat Milk

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