

FROM THE KITCHEN

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BREAKFAST		SALADS	
Turkey Pesto Ferndale smoked turkey, pesto, LOLA egg, mozzarella, grilled on sourdough	\$8	West Side Salad Ferndale smoked turkey, seasonal greens, tomatoes, cucumbers, beets, walnuts, maple mustard or choice of dressing	\$13
Green Eggs & Ham Yker ham, pesto, LOLA egg, mozzarella, grilled on sourdough	\$8		\$13
Loaded Veggie 1 LOLA egg, roasted herb garlic spread, seasonal greens, tomato, kalamata mozzarella, grilled on sourdough	\$8 olives,	cranberries, seasonal greens, choice of dressing Dressings - Seasonal Vinaigrette, Maple Mustard, Goddess	
Veggie Breakfast Burrito 3 LOLA eggs, citrus black beans, sweet peppers, onions, tomatoes, seasona mozzarella on whole wheat wrap	\$9.5 I greens,	SANDWICHES All Sandwiches Served with Seasonal Side	
Turkey Guacamole Breakfast Burrito 3 LOLA eggs, Ferndale smoked turkey, guacamole, tomatoes, onions, season greens on whole wheat wrap	\$9.5 nal	Ferndale smoked turkey, pesto, dried cranberries, grilled on focaccia	\$12
Sourdough Waffle butter, Burgess maple syrup	\$7	Grilled Veggie pesto, onions, green peppers, tomatoes, greens, aged provolone, kalamata olives, grilled on focaccia	\$12
Sourdough Fruit Waffle seasonal fruit sauce and whipped cream	\$8	Steak Sandwich Red Hoof Farms New York Strip, chimichurri, pepperjack, tomato, grilled on foca	\$13 accia
RUSTIC PIZZA Served on Tina's Sourdough Lavash Flatbread		Everything Veggie herbed white bean dip, beets, sweet peppers, onions, tomatoes, greens, cucumb kalamata olives, feta, on whole wheat wrap	\$11 bers,
Margarita roasted herb garlic spread, pesto, tomatoes, kalamata olives & mozzarella	\$12	Grilled Philly Red Hoof Farms roast beef, sriracha mayo, sweet peppers, onions, mozzarella, on whole wheat wrap	\$12
Smoked Trout Northern Waters smoked trout, pesto, spinach, mozzarella	\$14	·	\$11 oes,
Garlic Pig roasted herb garlic spread, Yker ham, tomato, provolone	\$14	onions, banana peppers, pepper jack cheese, on whole wheat wrap	
Curry Chickpea roasted herb garlic spread, Yker ham, tomato, provolone	\$12	Turkey Bacon Club horseradish mayo, Yker bacon, ferndale smoked turkey, tomatoes, greens, mustacheddar on toasted sunflower	\$13 ard,
PORK TACO THURSDAYS		Curry Chickpea Salad Sandwich curry chickpea salad, cucumber, tomato, on sunflower wheat (V)	\$9
11 am Until We're Out Yker roast pork tacos with rotating weekly seasonal toppings and sides	\$13	Naughty Bird Ferndale smoked turkey, cream cheese, seasonal greens, sunflower seeds, sunflower wheat	\$11
APPS & SIDES		Loaded Grilled Cheese cream cheese, mozzarella, cheddar, spinach, tomatoes, pesto, sunflower wheat	\$10
Nachos citrus black beans, onions, sweet peppers, banana peppers, cheese, guacamole, pico	\$12	KIDS OF ALL AGES	
Add Yker Sausage or Superior Small Batch Veggie Sausage for an additiona Veg & Spread	l charge \$10	Kid's Grilled Cheese mozzarella & cheddar, grilled on sourdough multigrain, with local carrots and	\$5
herbed white bean dip, tomatoes, cucumbers, carrots, focaccia	\$10	goddess dressing Peanut Butter & Jelly	\$5
Delectable Board Northern Waters smoked trout spread, seasonal artisan cheese, sourdough I cracker seasonal marinated vegrie, seasonal fruit	\$15 lavash	seasonal house-made preserves and peanut butter, sourdough multigrain Ham & Cheese	
cracker, seasonal marinated veggie, seasonal fruit Homemade Soup Cup/\$5 B	lowl/\$6	Ham & Cneese Yker ham, cheddar, mayo, sourdough multigrain	\$8
served with bread or crackers. Add a cup to a sandwich for \$3		Scrambled Eggs & Toast	\$6
Toast served with homemade preserves and/or all natural peanut butter	\$4	Carrots & Goddess Dip	\$3

ALTERNATIVES FOR VEGAN OR GLUTEN FREE OR VEGETARIAN:

Substitute any meat for veggie sausage, bean dip, guacamole or nuts for no charge. Sunflower Wheat is vegan bread, not gluten free.

We have gluten free bread available or sandwiches can be served on a bed of greens.