



# TAKE OUT MENU

## GRILLED CHEESE SANDWICHES

*served on Parmesan crusted artisan bread  
gluten free bread available upon request*

### THE MAIN CHEESE

havarti, muenster, cheddar, mozzarella

### THE GRILLED CHEESE INCIDENT

tomato, red onion, sunflower kernels,  
cheddar, mozzarella, havarti

### INFUSED BASIL

homemade pesto, tomato, mozzarella, cheddar

### GREENSKY BLUE CHEESE

spinach, red onion, tomato, blue cheese,  
cheddar, mozzarella

### SANTE FE

black beans, red onion, fresh cilantro, lime  
juice, jalapeño, cheddar, havarti

### CHERRY GOATCIA

dried cherries, red onion, pecan pieces,  
goat cheese, cheddar, mozzarella

### APPLES, WALNUTS + HONEY

apples, walnuts, honey, cheddar, havarti

### MIKES HAM + CHEESE

virginia ham, Mike's honey mustard,  
muenster, havarti

### THE CONDERELLI

salami, ham, banana peppers,  
spinach, sundried tomato feta spread,  
muenster, light vinegar/oil

### JALAPEÑO POPPER + BACON

bacon, jalapeño, cream cheese,  
cheddar, mozzarella

### PIZZADOSIO

pepperoni, homemade pesto, red onion,  
pizza sauce, cheddar, mozzarella

## ALL SANDWICHES

# \$6.50

+\$2.00 ASSORTED KETTLE POTATO CHIPS



# BREAKFAST SANDWICHES

*make it a breakfast burrito for no extra charge*

**\$6.50**

## LOCAL HARVEST

scrambled eggs, spinach, tomato, red onion, cheddar

## SANTE FE

scrambled eggs, tomato, black beans, red onion, jalapeno, fresh cilantro, lime juice, cheddar

## MEDITERRANEAN

scrambled eggs, spinach, sundried tomato feta spread

# SIDE SALADS

*add protein to any salad +\$1.00*

**\$5.00**

## SUPER FOOD SALAD

nutrient-rich salad made with edamame, kale, grape tomatoes, walnuts, sunflower kernels, dried cherries, shredded carrots, red cabbage, red onion, homemade maple vinaigrette

## MICHIGAN SPINNAKER SALAD

spinach, red onion, blue cheese, dried cherries, walnuts, homemade maple vinaigrette

# ACAI BOWL

*add chia, flax or hemp seed +\$1.00/ea*

**\$8.00**

## FROZEN BLEND OF:

banana, blueberry, blackberry, strawberry, raspberry, acai powder, almond milk, honey topped with banana and granola

## HOT BEVERAGES - 12 OZ

HIGHER GROUNDS COFFEE **\$2.75**

CHOFFEE COFFEE+HOT CHOCOLATE **\$2.75**

HOT CHOCOLATE **\$2.75**

ASSORTED TEA **\$2.75**

OREGON CHAI **\$3.50**

## COLD BEVERAGES - 24 OZ

FRESHLY SQUEEZED LEMONADE **\$4.00**

LIGHT OF DAY ICED TEAS **\$4.00**

COLD BREW COFFEE **\$4.00**

ICED OREGON CHAI **\$5.00**

BOTTLED WATER **\$2.00**







