

# House-Made Breads

(all our breads are vegan)

## -English Muffin Bread

-Sourdough

-Multigrain

-Roasted Garlic

-Honey Wheat

-Rye

## -Hard Rolls

-Bagels

(assorted flavors daily)

-Gluten Free Bread

## Salads

### -Southwest Chicken Cobb \$\$

*greens, southwest seasoned chicken, bacon, tomato, peppers, onion, roasted corn, hard boiled egg, garlic parmesan dressing*

### -Tree Hugger (v) \$\$

*greens, dilly smashed chickpeas, carrots, cucumber, tomato, peppers, mushrooms, broccoli, sunflower seeds, pepitas, craisins, ginger mandarin dressing*

### -Mediterranean \$\$

*greens, kalamata olives, feta cheese, cucumber, tomato, pickled onions, dijon balsamic dressing*

*\*add chicken \$\$*

### -Build Your Own \$\$

(Choose your base and up to 4 toppings)

-Lettuce

-Peppers

-Curried chix

-Spinach

-Avocado

salad

-Mushrooms

-Pickled onions

-Dilly Smashed

-Carrots

-Pickled cabbage

Chickpeas (v)

-Broccoli

-Jalapeños

-Tarragon Tuna

-Onions

-Feta

-Tomatoes

-Shredded

cheddar

-Olives

-Pickles

-Cucumber

Scoop of: \$\$

# Drinks

(Sizes S M L XL)

## -Coffee

## -Tea

## -Latte

## -Cappuccino

## -Mocha

## -Breve

## -Flat White (small only)

## -Americano

## -Hot Chocolate

## -Matcha

## -Chai Latte

## -Iced Tea

## -Lemonade

## -Galaxy Lemonade

(butterfly pea tea & lemonade)

# Smoothies

(One Size \$\$)

### -The Paradise (v)

(kale, pineapple, mango, banana, ginger, chia seeds, coconut water)

### -The Tropical (v)

(mango, pineapple, coconut flakes, coconut water)

### -The Basic "B"

(strawberry, banana, yogurt, honey, vanilla, cinnamon, & choice of milk)

### -The Immunity

(mango, blueberry, beet, ginger, turmeric, lemon juice, orange juice, honey, cayenne)

# Small Batch & From Scratch

Breakfast ~ Lunch ~ Custom Bakery Orders



Mon-Fri 6am-3pm

Sat 7am-3pm

Sun 8am-2pm

**860-361-6526**

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# Breakfast

## Egg Sandwich

(served on choice of bread)

- two eggs & cheese \$\$
- two eggs & cheese & meat \$\$  
bacon, sausage, or ham

## Egg Platter

- two eggs your way, with choice of toast \$\$
- add side of bacon or sausage \$\$
- add side of home fries \$\$

## Omelette

- three eggs, choice of cheese, and toast \$\$
- add veggies \$\$
- add bacon, sausage, or ham \$\$

## Scramble Bowls

### -The Love Hearts \$\$

(two eggs, home fries, bacon, spinach, provolone, and pesto)

### -The Loaded Homies \$\$

(two eggs, home fries, bacon, cheddar, sour cream, scallions, jalapeños)

## Not Eggs

- Bagel w/ butter \$\$
- Bagel w/ cream cheese \$
- Yogurt Parfait \$\$
- Granola w/ Milk \$\$
- \$
- Oatmeal w/ fresh fruit and nuts
- Fresh Fruit Cup \$\$ Bowl \$\$
- Small \$\$ Large \$\$

# Lunch

## Specialty Sandwiches

(served on choice of bread or a white wrap)

### -CranTurStuffin \$\$

(house-roasted turkey, cranberry sauce, stuffing, gravy aioli)

### -Caprese \$\$

(fresh mozzarella, tomato, pesto)

\*add bacon \$\$

\*add chicken \$\$

### -Backyard BBQ \$\$

(ham, pickled onions, jalapeños, cheddar cheese, tangy bbq sauce)

### -“The Dean” \$\$

(chicken salad, cheddar cheese, hot sauce, salt and pepper)

### -Bistro Bahn Mi (v) \$\$

(seasoned seared tofu, jalapeño, shredded carrots, pickled cabbage, pickled onions, sweet chili aioli)

### -The Stampede \$\$

(shaved steak, arugula, caramelized onions, provolone cheese, horseradish aioli)

## Love Heart's Combo \$\$

(half sandwich & small soup)

# Lunch

## Other Favorites

(served on choice of bread or a white wrap)

### -BLT

### -Tuna (melt?)

### -Chicken Salad

### -Curried Chicken Salad

### -Dilly Smashed Chickpeas (v)

### -Egg Salad

### -Honey Ham

### -House-roasted Turkey

### -Chicken Cutlet

### -Grilled Cheese

## House-made Soups

(Small \$\$ Medium \$\$ Large \$\$)

### -Redhead Chili

(beef & bean — not too spicy)

### -New England Clam Chowder

### -Soup of the Day