

BREAKFAST

7:00am-10:30am




HAND-CRAFTED GOOD MORNING SANDWICHES

pressed classic breakfast sandwich - \$6

choice of black forest ham, applewood-smoked bacon or grilled turkey sausage, cage-free egg or egg whites, sharp cheddar cheese, toasted English muffin

chorizo con huevo bagel - \$7

hand-crafted authentic chorizo, cage-free fried egg or egg whites, sharp cheddar cheese, chipotle cream cheese, toasted plain bagel

avocado toast  - \$7

fresh smashed Haas avocado, pickled onion, Kenter Farms peppery rocket arugula salad with fresh lemon and pickled capers, multigrain toast

add grated hard-boiled egg +\$1

add smoked salmon +\$3.50


lox bagel - \$10

smoked salmon, sliced Roma tomatoes, shaved red onion, pickled capers, plain cream cheese, everything bagel

substitute for keto-friendly bagel +\$1

cheddar + pastrami melt - \$8.50

cage-free fried egg or egg whites, sharp cheddar cheese, hardwood-smoked pastrami, jalapeño cheddar bagel

frittata sandwich  - \$7

cage-free egg whites, Kenter Farms spinach, sharp cheddar cheese, julienned bell peppers, English muffin


classic bagel + cream cheese - \$3.50

fresh or toasted plain, jalapeño cheddar, everything, or sesame bagels

served with your choice of plain, house-made chipotle or house-made chive cream cheese

substitute for keto-friendly bagel +\$1

MORNING PASTRIES


assorted Homeboy Bakery breakfast pastries  - \$3.50-3.75 each


cherry danish
cherry cheese danish
apple danish
cheese danish


banana pecan muffin
blueberry muffin
lemon poppyseed muffin
raisin bran muffin



our pastries are locally crafted by

vegetarian 

vegan 

made-without-gluten 

LUNCH

11:00am-3:00pm



ARTISAN SANDWICHES ON LOCALLY SOURCED BREAD

All sandwiches are freshly made and served with a house pickle, cherry pepper and house-fried sea salt + cracked black pepper Weiser Farms potato chips

Italian focaccia - \$12

black forest ham, genoa salami, butter lettuce, tomato, pepperoncini, calabrian chili spread, focaccia

albacore tuna melt - \$10

line-caught albacore tuna, onion, fresh celery, petite local herbs, mayo, gouda cheese, Colby Jack cheese, multigrain toast

chicken parmigiana - \$11

hand-breaded free-range chicken breast, fresh Di Stefano mozzarella, provolone cheese, house-made pomodoro sauce, ciabatta

blta - \$10

applewood-smoked bacon, crisp Boston Bibb lettuce, Lark Farms Roma tomato, smashed Hass avocado, herbed aioli, country white bread
add shaved smoked turkey +\$3

fig and brie - \$9

fig jam, double crème brie, dill Havarti cheese, peppery rocket arugula, Cayuma Orchards granny smith apples, ciabatta
add shaved smoked turkey +\$3

falafel lavash - \$9

house-made hummus, hand-fried vegan falafels, crisp Boston Bibb lettuce, English cucumber, Lark Farms Roma tomato, creamy vegan cucumber-lime tzatziki, lavash

turkey pesto - \$10


smoked turkey, mozzarella, provolone, roma tomatoes, arugula, pesto, ciabatta


house pb + j - \$6


rich creamy peanut butter, french raspberry preserves, multigrain bread

our breads are locally crafted by Larder. Baking Co



vegetarian 

vegan 

made-without-gluten 

LUNCH

11:00am-3:00pm



BUILD-YOUR-OWN SANDWICH OR WRAP - \$10

All build-your-own sandwiches and wraps are freshly made and served with a house pickle, cherry pepper and house-fried sea salt + cracked black pepper Weiser Farms potato chips

choose your bread

country sourdough, multigrain, caraway rye, ciabatta, French roll, lavash, made-without-gluten bread, or keto bread

choose your spread (up to 2)

mayo, Dijon mustard, fig jam, house dressing, Kenter Farm basil pesto with garlic, creamy vegan lime tzatziki, or hummus

choose your protein

shaved ham, line-caught albacore tuna salad, hardwood-smoked pastrami, smoked turkey, applewood-smoked bacon, genoa salami, or grilled vegetables
upgrade your sandwich and double the protein +\$3.50

choose your cheese

Colby Jack, sharp cheddar, Swiss, provolone, American, dill Havarti, or brie (+\$1.50)


choose your temp

fresh or pressed

choose your toppings (up to 4)

Boston Bibb lettuce, peppery rocket arugula, Roma tomato, shaved red onion, granny smith apples, smashed Haas avocado, pepperoncinis, sliced English cucumbers, or bell peppers

LUNCH UPGRADES

add a side of cherry peppers.....	\$1
add a side salad to your sandwich.....	\$3
add an extra side of chips.....	\$2
“make it a combo” and add fountain drink.....	\$1.50
“make it a meal” and add a side salad and fountain drink	\$3.75
 substitute for “made-without-gluten” bread.....	\$1
substitute for “keto-friendly” bread.....	\$1

LUNCH

11:00am-3:00pm



ENTRÉE SALADS

strawberry and feta salad **V** - \$9

fresh strawberries, red onion, candied walnuts, feta cheese, spinach, arugula, balsamic vinaigrette

grilled chicken Caesar salad - \$10

crisp romaine hearts, aged parmesan cheese, fresh lemon, hand-torn ciabatta croutons, house-made anchovy dressing

Mediterranean salad **VG** - \$8

crisp romaine, artichoke hearts, English cucumbers, red onion, sun-dried tomatoes, kalamata olives, garbanzo beans, vegan lemon tahini dressing
add feta cheese +\$2

Italian chop salad - \$10

baby romaine hearts, genoa salami, roasted chickpeas, red onion, grape tomatoes, fresh Di Steffano mozzarella, pepperoncini, red wine vinaigrette

SIDE SALADS

sweet pea pasta salad **V** - \$4

bowtie pasta, grape tomato, peas, red onion, carrot, parmesan, mayo, lemon

marinated mushroom salad **VG IG** - \$4

balsamic-marinated mushrooms, asparagus, roasted red pepper, Castelvetrano olives, fresh herbs

NEW lemon farro salad **V** - \$4

D'allesandro organic farro, sweet peas, radish, tomato, feta cheese, arugula, lemon vinaigrette

marinated tomato salad **VG IG** - \$4

English cucumbers, torn Kenter Farms basil and parsley, shaved red onion, white balsamic vinaigrette

chopped power kale salad **V** - \$4

roasted walnuts, roasted peanuts, fresh local kale, organic golden and red Indian Harvest quinoa, garbanzo beans, red bell peppers, English cucumbers, red onion, medjool dates, house-meyer lemon yogurt vinaigrette

build-your-own salad trio - \$10

choose any (3) selections from entrée or side salad menus to create your own salad trio!
(modifiers are not able to be accommodated for this menu selection)



LUNCH


11:00am-3:00pm



SOUPS FROM SCRATCH

daily soup - \$3 cup/ \$4 bowl

daily vegetarian or vegan soup   - \$3 cup/ \$4 bowl

BEVERAGES	16oz	24oz
Groundworks regular and decaf coffee	\$2.65	
fair-trade Numi Tea	\$2.45	
freestyle fountain beverages	\$2.00	\$2.75
house-made seasonal aguas frescas	\$2.65	\$3.25
universal super juice 	\$5.00	


SWEETS

chocolate chip cookie - \$2.75

double chocolate chip cookie - \$2.75

lemon sugar cookie - \$2.75

ganache brownie - \$3.75

walnut brownie  - \$3.75



LUNCH

11:00am-3:00pm



GRAB AND GO SALADS

grilled chicken Caesar salad - \$10

crisp romaine hearts, aged parmesan cheese, fresh lemon, hand-torn ciabatta croutons, house-made anchovy dressing

Mediterranean salad **VG** - \$8

crisp romaine, artichoke hearts, English cucumbers, red onion, sun-dried tomatoes, kalamata olives, garbanzo beans, vegan lemon tahini dressing

Italian chop salad - \$10

baby romaine hearts, genoa salami, roasted chickpeas, red onion, grape tomatoes, fresh Di Steffano mozzarella, pepperoncini, red wine vinaigrette

strawberry and feta salad **V** - \$9

fresh strawberries, red onion, candied walnuts, feta cheese, spinach, arugula, balsamic vinaigrette

GRAB AND GO SANDWICHES

spicy Italian hoagie | \$12 | rosemary fra'mani ham, finocchiona salami, mortadella, provolone cheese, pepperoncini, Lark Farms Roma tomato, shredded lettuce, fermented Calabrian chili spread, Santa Barbara County olive oil, red wine vinegar, oregano, French roll

classic tuna salad sandwich **S** | \$8 | line-caught albacore tuna, onion, fresh celery, petite local herbs, mayo, Boston Bibb lettuce, multigrain toast

ham + turkey stack | \$8 | black forest ham, smoked turkey, cheddar, butter lettuce, tomato, sliced dill pickle, mayo, Dijon mustard, country white bread

house pb + j **VG** | \$5 | rich creamy peanut butter, French raspberry preserves, multigrain bread

egg salad croissant **V** | \$7 | hardboiled eggs, celery, green onion, mayo, Dijon, salt, pepper, croissant

GRAB AND GO SNACKS

house-fried sea salt + cracked black pepper Weiser Farms potato chips - \$2