



MENU

QUICHE OF THE DAY 14

Crustless, delectable cheesy egg custard, baked to perfection. Ask for today's flavor. Served with dressed field greens.



Salads

Served with root vegetable chips



CAPRESE SALAD 12

Fresh tomatoes, arugula & spinach, Ovolini mozzarella, basil, olive oil, balsamic glaze, sea salt

MEDITERRANEAN SALAD 12

Seasonal leafy greens, tomato, cucumber, kalamata olives, feta, Mediterranean inspired olive oil & red wine vinaigrette herb dressing

STEEPING LEAF SALAD 12

Seasonal leafy greens, tomato, cucumber, peas, corn, cauliflower, broccoli and green tea apple cider vinaigrette



Flatbreads

Served w/ dressed field greens



GRILLED VEGETABLES 14

Seasonal grilled vegetables, goat cheese, pesto rosso, finished with balsamic glaze, fresh spinach, and arugula



w/ vegan mozzarella

SELEZIONE DI FORMAGGI 9

A delicious blend of mild Italian cheeses and marinara sauce

PEAR AND BRIE 15

Imported French Brie cheese, fresh sliced pear, red grapes, rosemary & Maldon salt sprinkle, finished with organic agave syrup drizzle

ANANAS ROYALE 16

Marinara sauce, Gruyère cheese, Lonzetta (Italian rosemary pork loin), bacon, pineapple, finished with balsamic glaze

BRESAOLA SPECIAL 16

Bresaola, Gruyère cheese, pesto rosso, sliced kalamata olives



GRISHUN 16

Pesto rosso, Gruyère cheese, loaded with roasted seasoned potatoes, bacon, topped with spinach & arugula mix



CAMPANIA 15

Fresh sliced tomatoes, Ovolini mozzarella, olive oil & garlic, finished with basil & balsamic glaze



w/ vegan mozzarella

BRESAOLA OLIVE TAPENADE 16

Bresaola, Gruyère cheese, olive tapenade, topped with fresh arugula & spinach

Wraps Served w/ root veggie chips or dressed field greens



CRANBERRY ALMOND CHICKEN 12

Our freshly made cranberry almond chicken salad, tomato, cucumber, grated mild red radish, spinach, and arugula



TICINO 12

Field greens, hummus, Bresaola (Northern-Italian air-dried beef), fresh tomato, olive tapenade

VEGETABLE QUINOA 10
 Field greens, seasonal veggies, quinoa, tomato, cucumber, avocado mash, avocado ranch dressing
 add sliced oven roasted turkey breast +\$2



w/ apple-thyme-green tea dressing

MEDITERRANEAN 10
 Quinoa, cucumber, tomato, feta, kalamata olives, field greens, Mediterranean inspired herb dressing



w/out feta cheese

GREEN POWER 11
 Seasonal veggies, field greens, quinoa, cucumber, goat cheese, avocado mash, avocado ranch dressing

Paninis

Served w/ root veggie chips or dressed field greens



STEEPING LEAF SPECIAL 11
 Oven roasted turkey breast, herb cream cheese, provolone, field greens

AVOCADO LONZETTA 12
 Lonsetta (Italian rosemary pork loin), avocado mash, provolone, field greens

BRESAOLA OLIVE TAPANADE 12
 Bresaola (Northern-Italian air-dried beef), tomato, olive tapenade, provolone, field greens

SALAMI FINOCCHIONA & GOAT CHEESE 12
 Finocchiona (Tuscan salami with fennel seeds), goat cheese, field greens

ROASTED VEGETABLES & GOAT CHEESE 11
 Oven roasted vegetables, goat cheese, avocado ranch dressing, field greens



w/ fresh herb vegenaïse & vegan mozzarella

ISLAND TIME 12
 Lonsetta (Italian rosemary pork loin), pineapple slices, provolone, herbed cream cheese, field greens

CAPRESE 12
 Tomato, Ovolini mozzarella, field greens, pesto alla Genovese, balsamic reduction



SAY CHEESE 7
 A delicious and well-balanced medley of cheeses

Quesadillas



SOLO QUESO 6
 Mexican cheese blend melted to perfection.

SPINACH 7
 A blend of cheeses and spinach. Add oven roasted chicken +2.00

MEDITERRANEAN 8
 A blend of cheeses, feta, spinach, tomatoes, olives

GRILLED VEGETABLES 10
 A blend of cheeses, grilled vegetables, spinach

Smoothies 6.25



100% fruit/vegetable, blended with orange juice, no added sugar, or water

GREEN SPINACH, MANGO, PINEAPPLE, APPLE

PINK BLUEBERRY, BANANA, MANDARIN, CARROT

PURPLE AÇAÍ, SPINACH, STRAWBERRY, APPLE, BLUEBERRY

YELLOW PINEAPPLE, APPLE, PEACH, TURMERIC

Make it a smoothie bowl.
 Add our house granola blend +2



WE DO OUR BEST, BUT CANNOT GUARANTEE THAT ANY OF OUR MENU ITEMS ARE ALLERGEN-FREE. SOME INGREDIENTS WE SOURCE MAY BE PRODUCED IN AN ENVIRONMENT WHERE ALLERGENS ARE PRESENT.