

STEAP AND GRIND

SERVED ALL DAY

BAGELS **V**

cinnamon raisin
sesame
everything

SPREADS

veggie cream cheese
plain cream cheese
homemade hummus
peanut butter
butter
earth balance
vegan cream cheese
vegan veggie cream cheese

TOPPINGS

cucumber .50
tomato .50
sprouts .50
romaine .50
onion .50
avocado 1.5
proscuitto 2.0
ham 1.5
turkey breast 1.5
tempeh bacon 3.0
bacon 2.0
lox 3.0



SCONES

homemade. see counter
for rotating flavors!

JAMS

strawberry rhubarb • raspberry • black raspberry • apricot • fig

SANDWICHES CHIPS or MIXED GREENS EAT-IN ONLY

GLUTEN FREE BREAD AVAILABLE

CLASSIC 7.

brioche • american cheese
tomato • melted

VEG 8. **V**

multigrain • homemade
hummus • cucumber
avocado • sprouts

PALMER 10.

multigrain • homemade
tuna salad • provolone
cheese • melted

MELTER SKELTER 8.

multigrain • fig jam • sharp
cheddar cheese • melted

MIKEY 9.

sourdough • turkey • tomato
chutney • romaine • onion
provolone cheese • melted

OXFORD 9.

raisin pecan bread • ham
brie • honey • melted

SPRINGTIME 8.

sourdough • sprouts
tomato • pesto
mozzarella • melted

TOASTER 10.

multigrain • sharp cheddar
tomato • avocado • melted

FRANKFORD 8.

multigrain • turkey • tomato
homemade pesto • provolone
mixed greens • melted

CURRY "CHICKEN" 10.5 **V**

toasted multigrain • home
made curry "chicken" salad
crispy romaine
OR make me as a salad +2

B.L.A.T. 10.

toasted multigrain • basil
mayo • bacon • lettuce
avocado • tomato

THE KENSINGTON 10.

sourdough • ham • saffron
chutney • mustard • cheddar
melted

ADD ONS

turkey 2 • lox 4 • bacon 4 • tempeh bacon 3.5 • avocado 2 • proscuitto 3

SALADS

VEGGIE 10.

mixed greens • housemade
hummus • avocado • cucumber
sprouts • house vinaigrette

TUNA 12.

mixed greens • tuna salad
sprouts • cucumber
avocado • house vinaigrette

ARUGULA 10.

fresh arugula • roasted
walnuts • cranberries • goat
cheese • house vinaigrette

CAPRESE 10.

fresh mozzarella • tomato
basil • balsamic reduction
extra virgin olive oil

VEGAN - **V** GLUTEN FREE - **GF** WEEKEND QUICHE!

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