

BREAKFAST MENU

Tuesday-Thursday 9-11



FILL UP

Spinach Croissant Buttery pastry filled with spinach and ricotta cheese	5.50
Ham & Cheese Croissant Buttery pastry filled with ham and Swiss cheese	5.50
Chocolate Croissant Buttery pastry filled with semisweet chocolate	4
Quiche Bacon, Ham & Cheddar or Mushroom, Spinach & Goat cheese	8
Authentic NY Bagels (Rated Top 20 Nationwide) Everything * Plain * Poppy * Sesame Seed Cinnamon Raisin * Blueberry * French Toast Served with Boars Head cream cheese or honey butter on the side	3

Artisan Scones Blueberry * Cinnamon	4
Sweet Breads Coffee Cake * Lemon * Chocolate Marble * Orange Poppy	5
Lemon Bar	4
Blueberry Lemon Yogurt filled Muffin	4
Croissant Fresh Baked, served with honey butter on the side	3
Greek Yogurt Parfait Vanilla or Plain, served with almond oat crunch and fresh fruit	6

COFFEE BAR

Tuesday-Friday 9-4

WAKE UP

Cappuccino	3.50/4/4.50
Latte	3.50/4/4.50
Mocha	4/4.50/5
Spanish Latte	4/4.50/5
Caramel Macchiato	4/4.50/5
Americano	3/3.50/4
Espresso	2/3
<i>Syrup .75 extra shot .75 oat/almond milk 1.50 whip .50</i>	
House Brew	1.50/2/2.50
Chai Latte	4/4.50/5
Cold Brew	5
Nitro	6
Hot Chocolate	3/3.50/4
Fruit Tea	4

SMOOTHIES 100% crushed fruit 7

Mango and Veggie * Peach Pear Apricot * Tropical Sunshine
Strawberry Banana * Four Berry

Add-ins \$1

Whey protein * Collagen * PB Fit * Fiber * Super Greens
Pea Protein 1.50

SIGNATURE SMOOTHIES

The Kenny	9
Mango veggies, whey protein, super greens & fiber	
The Darla	8
Peach Pear Apricot, whey protein & collagen	
The Alicia	8
Tropical sunshine, turmeric & whey protein	

FRAPPE 7

Mocha * Vanilla Latte * Coffee Toffee * Cookies n Cream
Vanilla Bourbon Cream (*caffeine free*)
Add a shot .75

BREAKFAST MENU Friday 9-11



FILL UP

The Italian Job Breakfast Bagel	12
An authentic NY Everything bagel with our house made pesto, pepperoni, salami, ham, bacon, chipotle gouda and a fried egg	
Vermont Breakfast Bagel	12
A delicious NY French Toast bagel with egg, sausage, Bacon and pure Vermont maple syrup drizzle	
Breakfast Sandwich	9
Egg, cheese, spinach, tomato and sriracha on your choice of Wrap, Croissant, NY Bagel or English Muffin	
Add bacon, sausage or ham	1.50
Spinach Croissant	5.50
Buttery pastry filled with spinach and ricotta cheese	
Ham & Cheese Croissant	5.50
Buttery pastry filled with ham and Swiss cheese	
Quiche	8
Bacon, Ham & Cheddar or Mushroom, Spinach & Goat cheese	

Chocolate Croissant	4
Buttery pastry filled with semisweet chocolate	
Authentic NY Bagels (Rated Top 20 Nationwide)	3
Everything * Plain * Poppy * Sesame Seed Cinnamon Raisin * Blueberry * French Toast Served with Boars Head cream cheese or honey butter on the side	
Artisan Scones	4
Blueberry * Cinnamon	
Sweet Breads	5
Coffee Cake * Lemon * Chocolate Marble * Orange Poppy	
Lemon Bar	4
Blueberry Lemon Yogurt filled Muffin	4
Croissant	3
Fresh Baked, served with honey butter on the side	
Greek Yogurt Parfait	6
Vanilla or Plain, served with almond oat crunch and fresh fruit	

COFFEE BAR Tuesday-Friday 9-4

WAKE UP

Cappuccino	3.50/4/4.50
Latte	3.50/4/4.50
Mocha	4/4.50/5
Spanish Latte	4/4.50/5
Caramel Macchiato	4/4.50/5
Americano	3/3.50/4
Espresso	2/3
<i>Syrup .75 extra shot .75 oat/almond milk 1.50 whip .50</i>	
House Brew	1.50/2/2.50
Chai Latte	4/4.50/5
Cold Brew	5
Nitro	6
Hot Chocolate	3/3.50/4
Fruit Tea	4

SMOOTHIES 100% crushed fruit 7

Mango and Veggie * Peach Pear Apricot * Tropical Sunshine
Strawberry Banana * Four Berry

Add-ins \$1

*Whey protein * Collagen * PB Fit * Fiber * Super Greens
Pea Protein 1.50*

SIGNATURE SMOOTHIES

The Kenny

Mango veggies, whey protein, super greens & fiber

The Darla

Peach Pear Apricot, whey protein & collagen

The Alicia

Tropical sunshine, turmeric & whey protein

FRAPPE 7

Mocha * Vanilla Latte * Coffee Toffee * Cookies n Cream
Vanilla Bourbon Cream (*caffeine free*)

Add a shot .75



COFFEE BAR

Saturday & Sunday

FILL UP

Spinach Croissant	5.50
Buttery pastry filled with spinach and ricotta cheese	
Ham & Cheese Croissant	5.50
Buttery pastry filled with ham and Swiss cheese	
Chocolate Croissant	4
Buttery pastry filled with semisweet chocolate	
Quiche	8
Bacon, Ham & Cheddar or Mushroom, Spinach & Goat cheese	
Artisan Scones	4
Blueberry * Cinnamon	
Sweet Breads	5
Coffee Cake * Lemon * Chocolate Marble * Orange Poppy	
Lemon Bar	4
Blueberry Lemon Yogurt filled Muffin	4
Croissant	3
Fresh Baked, served with honey butter on the side	
Greek Yogurt Parfait	6
Vanilla or Plain, served with almond oat crunch and fresh fruit	

WAKE UP

Cappuccino	3.50/4/4.50
Latte	3.50/4/4.50
Mocha	4/4.50/5
Spanish Latte	4/4.50/5
Caramel Macchiato	4/4.50/5
Americano	3/3.50/4
Espresso	2/3
<i>Syrup .75 extra shot .75 oat/almond milk 1.50 whip .50</i>	
House Brew	1.50/2/2.50
Chai Latte	4/4.50/5
Cold Brew	5
Nitro	6
Hot Chocolate	3/3.50/4
Fruit Tea	4



COFFEE BAR

Saturday & Sunday

FILL UP

Spinach Croissant	5.50
Buttery pastry filled with spinach and ricotta cheese	
Ham & Cheese Croissant	5.50
Buttery pastry filled with ham and Swiss cheese	
Chocolate Croissant	4
Buttery pastry filled with semisweet chocolate	
Quiche	8
Bacon, Ham & Cheddar or Mushroom, Spinach & Goat cheese	
Artisan Scones	4
Blueberry * Cinnamon	
Sweet Breads	5
Coffee Cake * Lemon * Chocolate Marble * Orange Poppy	
Lemon Bar	4
Blueberry Lemon Yogurt filled Muffin	4
Croissant	3
Fresh Baked, served with honey butter on the side	
Greek Yogurt Parfait	6
Vanilla or Plain, served with almond oat crunch and fresh fruit	

WAKE UP

Cappuccino	3.50/4/4.50
Latte	3.50/4/4.50
Mocha	4/4.50/5
Spanish Latte	4/4.50/5
Caramel Macchiato	4/4.50/5
Americano	3/3.50/4
Espresso	2/3
<i>Syrup .75 extra shot .75 oat/almond milk 1.50 whip .50</i>	
House Brew	1.50/2/2.50
Chai Latte	4/4.50/5
Cold Brew	5
Nitro	6
Hot Chocolate	3/3.50/4
Fruit Tea	4