



SPECIALS



Harvest Salad - Seasonal (\$9.95)

Mesclun mix, apples, roasted butternut squash, cheddar cheese, candied pecans, dried cranberries, apple cider vinaigrette

Add on toppings to your bowl

| | |
|--------------------|--------------------------|
| chicken (\$3.50) | beef short ribs (\$5.50) |
| salmon (\$5.50) | avocado (\$2.00) |
| bacon (\$2.00) | falafel (\$2.50) |
| fried egg (\$2.00) | |



Warm Autumn Bowl (\$10.25)

Short grain brown rice base, maple & hot honey, roasted butternut squash, brussels sprouts & carrots w/ gruyere cheese, cranberries & pickled onions, topped w/ toasted pumpkin crunch & roasted sunflower maple seed butter

Add on toppings to your bowl

| | |
|--------------------|--------------------------|
| chicken (\$3.50) | beef short ribs (\$5.50) |
| salmon (\$5.50) | avocado (\$2.00) |
| bacon (\$2.00) | falafel (\$2.50) |
| fried egg (\$2.00) | |