



# BREAKFAST MENU

SERVED DAILY UNTIL 3PM

## EGGS

SERVED WITH TOAST AND HASH BROWNS OR HOUSE GREENS (SUB FRESH FRUIT + \$1)

**THREE EGGS ANY STYLE.** sunny-side up, scrambled or over-easy \$6.95  
with choice of bacon, chicken & apple sausage, or black-forest ham \$8.50

**RIVERMARK SCRAMBLE.** scrambled eggs with chicken & apple sausage,  
fresh spinach, onions and mushrooms \$9.50

**NEW** **HEALTHY SCRAMBLE.** 🌱 scrambled eggs with onions and fresh spinach,  
topped with avocado \$9.50

**NEW** **GARDEN SCRAMBLE.** 🌱 scrambled eggs with onions, mushrooms, tomatoes  
and fresh spinach \$9.50

**WESTERN SCRAMBLE.** scrambled eggs with ham, bell peppers, onions and  
cheddar cheese \$9.50

**NEW** **PROLIFIC SCRAMBLE.** scrambled eggs with ham, mushrooms, onions, bell  
peppers, tomatoes, spinach and cheddar cheese \$9.95

## OMELETS

SERVED WITH TOAST AND HASH BROWNS OR HOUSE GREENS (SUB FRESH FRUIT + \$1)

**CALIFORNIA OMELET.** 🌱 avocado, tomatoes and monterey jack \$9.95

**NEW** **FIELDS OMELET.** 🌱 mushrooms, tomatoes, spinach, avocado and swiss \$10.50

**NEW** **LINGUISA OMELET.** linguisa, onions, bell peppers, monterey jack \$10.50

**MEXICAN OMELET.** chorizo, avocado, pepper jack cheese, topped with  
housemade salsa \$10.50

**NEW** **SUNSET OMELET.** bacon, mushroom, spinach, onions, sun-dried tomato pesto,  
swiss cheese \$10.50

## BENEDICTS

SERVED WITH HASH BROWNS OR HOUSE GREENS (SUB FRESH FRUIT + \$1)

**EGGS BENEDICT.** toasted english muffin with canadian bacon and two  
poached eggs, topped with hollandaise sauce \$10.50

**NEW** **GARDEN BENEDICT.** 🌱 toasted english muffin with tomatoes, mushrooms,  
sauteed spinach and two poached eggs, topped with hollandaise sauce \$10.50

**CALIFORNIA BENEDICT.** 🌱 toasted english muffin with tomatoes, avocado  
and two poached eggs, topped with hollandaise sauce \$10.50

**NEW** **CROISSANT BENEDICT.** toasted croissant, bacon and two poached eggs,  
topped with hollandaise sauce \$11.50

**NEW** **FRESH SALMON BENEDICT.** toasted english muffin with sauteed spinach,  
grilled fresh salmon and two poached eggs, topped with hollandaise sauce \$13.95

## SANDWICHES

**HAM + EGG CROISSANTWICH.** scrambled eggs, black-forest ham on  
scratch-made croissant \$5.95

**SOURDOUGH BREAKFAST.** scrambled eggs, ham, cheddar and swiss  
cheese on sourdough \$5.95

**FRIED EGG SANDWICH.** applewood bacon, avocado, tomato aioli,  
fried egg on grilled white bread \$5.95

**CHORIZO CON HUEVO.** chorizo with scrambled eggs, avocado, pepper jack  
cheese, chipotle mayo on grilled white bread, served with salsa fresca \$6.50

## SWEETS

WAFFLES ONLY AVAILABLE SAT & SUN

**PLAIN WAFFLE.** 🌱 \$6.50

**STRAWBERRY BANANA WAFFLE.** 🌱 \$8.50

**BANANA PECAN WAFFLE.** 🌱 \$8.50

**STRAWBERRY NUTELLA WAFFLE.** 🌱 \$8.50

**BERRY FRENCH TOAST.** 🌱 served with  
housemade berry compote \$7.95

## TOASTS

YOUR CHOICE OF WHITE OR WHEAT

**AVOCADO TOAST.** 🌱 smashed avocado,  
lemon, salt, pepper, red pepper flakes \$4.50  
(fried egg + \$1.50)

**NUTTY BANANA.** 🌱 almond butter, sliced  
bananas, crushed pecans and drizzle of honey \$4.95

**NUTELLA BERRY.** 🌱 Nutella spread, fresh  
strawberries, powdered sugar \$4.50

## SIDES

**HASH BROWNS.** \$3.00

**BACON.** 3-strips \$3.50

**SAUSAGE.** local all-natural chicken & apple \$4.50

**FRESH FRUIT.** cubed fresh fruit \$4.00

**TOAST.** \$2.00

## DRINKS

**ORANGE JUICE.** 100% juice \$4.50

**APPLE JUICE.** \$3.00

**HOT CHOCOLATE.** \$4.95

**NUMI HOT TEA.** \$2.50

**CHAI TEA.** \$3.25

**MIMOSA.** \$9.00

## COFFEES

**CHROMATIC COFFEE.** \$2.50

**NITRO COLD BREW.** \$4.50

**ESPRESSO.** \$2.75

**AFFOGATO.** \$4.75

**CAPPUCCINO.** \$3.75

**LATTE.** \$4.00

**MOCHA.** \$4.95

all egg dishes are made from fresh, grade AA, hand-cracked egg - nothing else added.



# LUNCH/DINNER MENU

SERVED DAILY FROM 11AM

## SALADS



**NEW** MANGO SALMON SALAD. spring mix greens, fresh mangos, mandarin oranges, sliced almonds, housemade mango dressing and grilled fresh Atlantic salmon \$14.95

CHINESE CHICKEN SALAD. iceberg, marinated chicken breast, red peppers, mandarin oranges, carrots, fried rice sticks, cilantro, peanuts and housemade sesame soy dressing \$10.75

GORGONZOLA SALAD. 🌿 romaine, gorgonzola, walnuts, green apples, cherry tomatoes, red onions, garlic-wine vinaigrette \$8.25

**NEW** AVOCADO SPINACH SALAD. 🌿 baby spinach, avocado chunks, gorgonzola cheese, candied pecans and white balsamic dressing \$9.50

**NEW** QUINOA PORTABELLO SALAD. 🌿 spring mix, quinoa, portabello mushrooms, cherry tomatoes, cucumbers and herb vinaigrette \$10.75

CAESAR SALAD. 🌿 crisp romaine, housemade croutons, freshly grated parmesan, creamy caesar dressing \$7.95

ADD PROTEIN  
TO ANY SALAD

OVEN ROASTED CHICKEN BREAST +2.50  
CHARBROILED CHICKEN BREAST +3.00  
BLACK TIGER PRAWNS (4 PCS) +5.00  
ALBACORE TUNA SALAD +2.75  
FRESH ATLANTIC SALMON +6.00

## PASTAS

MADE TO ORDER, SERVED WITH BREAD



PENNE SUPREMO. penne, diced chicken breast, linguisa, mushroom, broccoli, spinach, parmesan cheese, creamy marinara \$12.95

PRAWN LINGUINE. linguine, black tiger prawns, corn, mushrooms, fresh basil, sun-dried tomatoes in cream sauce \$14.50

**NEW** PESTO PENNE. 🌿 penne, mushrooms, broccoli, spinach, cherry tomatoes, green pesto and parmesan cheese \$10.95 (chicken +\$3)

POMODORO PASTA. 🌿 angel hair, garlic, cherry tomatoes, fresh basil and olive oil \$10.95 (chicken +\$3)

CHIPOTLE FETTUCCINE. 🌿 fettuccine, onions, green bell peppers, chipotle cream sauce \$10.95 (chicken +\$3, prawns +\$5)

SUN-DRIED TOMATOES. 🌿 linguine, mushroom, sun-dried tomatoes, fresh basil \$10.95 (chicken +\$3)

## SOUPS, et al



SOUP DU JOUR. made-from-scratch soups daily. please ask for today's selection cup \$4.50 bowl \$5.95

MIX AND MATCH. pick two: sandwich of the day, salad of the day or soup of the day \$9.25

WE BAKE THE FOLLOWING BREADS IN-HOUSE FROM SCRATCH:  
HONEY WHITE - WHEAT - FOCACCIA - BAGUETTE - HERB CIABATTA

## WE CATER, TOO!

CALL, FAX OR PLACE YOUR ORDER ONLINE FOR PICK UP  
OR DELIVERY - SMALL OR LARGE!

## SANDWICHES



THE ALPINE. ham, swiss cheese, green leaf, tomatoes, honey mustard on white bread \$8.50 (croissant +\$1)

THE CALIFORNIAN. turkey, swiss cheese, avocado, green leaf, tomatoes, mayonnaise on honey white bread \$8.95 (croissant +\$1)

**NEW** ITALIAN ROAST BEEF. roast beef, roasted bell pepper, monterey jack, alfalfa sprouts, tomato, pesto, mayo on toasted baguette \$8.95

PROLIFIC GARDEN. 🌿 tomatoes, alfalfa sprouts, cucumbers, avocado, roasted red bell peppers, onions, herb vinaigrette on wheat bread \$8.50

PASTRAMI PESTO. pastrami, smoked gouda cheese, argula, red onions, basil pesto, mayo on grilled honey white \$8.95

CHICKEN SALAD SANDWICH. chicken breast with celery, green apples, red onions, tomatoes, green leaf and mayonnaise on grilled honey white bread \$8.95

CALIFORNIA CHICKEN. charbroiled chicken breast, monterey jack, avocado, green leaf, tomato, alfalfa sprouts and mayonnaise on grilled honey white bread \$10.50

MEXI-CHICKEN. charbroiled chicken breast, pepper jack, avocado, green chilies, chipotle mayonnaise on grilled baguette with a side of housemade salsa fresca \$10.50

GRILLED CHEESE. 🌿 sharp cheddar on white bread \$6.95 (ham or bacon +\$2.75)

B.L.T.A. bacon, lettuce, tomato, avocado, chipotle mayo on grilled wheat \$8.95 (fried egg +\$1.50)

SHRIMP CLUB. grilled prawns, mayonnaise, avocado, bacon, lettuce and tomatoes on grilled white bread \$11.95

**NEW** TUNA MELT. albacore tuna, cheddar cheese, swiss cheese, tomatoes on sourdough \$8.95 (bacon +\$2.75)

**NEW** PORTABELLO MUSHROOM. portabello mushroom, roasted bell pepper, fresh mozzarella, sprouts and tomato aioli on focaccia \$10.95

**NEW** HOT PASTRAMI. pastrami, swiss cheese, grilled red onions, tomatoes, mixed greens, tomato aioli on grilled sourdough \$9.95

## PANINIS



CHICKEN PESTO. chicken breast, monterey jack, fresh basil, tomatoes and sun-dried tomato pesto on sourdough \$10.95

THE GOODDA. turkey, smoked gouda cheese, toasted sliced almonds, mixed greens, basil pesto, fig preserves on herb ciabatta \$8.95

MARGHERITA. 🌿 fresh mozzarella, fresh basil, tomatoes, garlic, sun-dried tomato pesto, olive oil pressed in focaccia \$8.95

## DRINKS



ICED TEA. fresh brewed, tropical-flavored (unsweetened) \$2.50

HOMEMADE LEMONADE. from fresh-squeezed lemons \$3.00

FOUNTAIN SODA. coca-cola products \$2.50

NITRO COLD BREW. 24hr cold brew infused with nitrogen \$4.50

BOTTLED DRINKS. various flavors \$1.50+

all items made-to-order.  
we cannot make quality food at microwave speeds.  
if you are in a rush, we welcome you to order ahead via phone or web