

GLUTEN FREE OPTIONS @



GF BAGELS

we stock plain and everything gf bagels that we purchase pre-made because we feel it guarantees a cleaner gf product. Order any sandwich with a gf bagel for no extra charge

GF ENGLISH MUFFINS

we make gluten free english muffins in house. Note that we are not a gluten-free kitchen so contamination is possible though we do our best to avoid it.

bagel + spread **\$3**
Whipped cream cheese or butter

breakfast sammy **\$8**
Bacon, scrambled egg, smoked gouda, on a fresh bagel

veg breakfast sammy **\$7**
Scrambled egg, smoked gouda, on a fresh bagel

salmon sandwich **\$10**
Cream cheese, smoked salmon, and your choice of fresh veggies

turkey club **\$10**
sliced turkey, bacon, lettuce, tomato, mayo, piled high on a plain bagel

BLT **\$8**
Bacon. Lettuce. Tomato. All that is fresh and good.

veggie sandwich **\$7**
Top your favorite bagel with hummus and fresh veggies

ham & swiss **\$9**
Locally smoked ham, mayo, mustard, swiss cheese, and your choice of fresh veggies

turkey & smoked gouda **\$9**
Turkey and smoked gouda, mayo, mustard, and your choice of fresh veggies

italian **\$9**
house-made red wine vinaigrette, ham, pepperoni, salami & provolone with lettuce, tomato & onion

add an egg **\$2**
add a fried farm egg (or an extra egg!) to any menu option

gluten free

for customers with celiac disease or wheat allergies please be aware that our gluten free menu items are NOT made in a 100% gluten free environment. We do our best to make your food as gluten free as possible. Please talk to us about your dietary needs/preferences.

BAKED GOODS & OTHER DISHES

lemon bars \$3

classic lemon bars made with a delectable gf crust (nobody cares that they're gf!)

cookies \$1.50 - \$2

daily selection varies -- may include gf chocolate chip, cocoa truffles, or other options

crumble \$3

a coffee-cake style muffin made with seasonal fruit like rhubarb, peach, or apple. Always gf.

PB&J bar \$3

gf and vegan, these fantastic bars are made with homemade jams and organic peanut butter. Great for a meal or a dessert!

OTHER GOODIES

salads

choose any of our sandwiches and we'll make it as a salad instead

soup of the day \$4

12 oz portion of our made from scratch soup of the day. Most of our soups are gf. If you are not sure please check with our staff.

soup n sandwich \$7.50

12 oz portion of soup + grilled cheese bagel or bagel w/cream cheese

cream cheese to go \$4

8 oz of our fresh-whipped cream cheese, packaged to take home. Check for today's flavors.

our secret code

we like to be a little bit sneaky about our gf items so that others aren't scared off from trying them. We figure the more folks enjoy gf food, the more of it we will be able to make. So we have a secret code -- if an item is labeled with a green marker, it is almost always gf. Please don't hesitate to double check with our staff, but when you're browsing the selection, keep an eye out for green ink (and the usual "gf" label).

pizza night

one Friday each month we make fresh pizzas for dine-in or take-out. We make our own gf pizza crusts that get rave reviews and bake them separately in a different oven from the other pizzas to help reduce contamination. So you can generally order any of our regular pizza options as a gf version.