

# SALT & SUGAR

## *house sandwiches*

**solo sandwich \$14**

**box meal \$16** (includes two 5oz sides)

gluten free roll on request (+\$1)

### **ITALIAN MEATZA**

italian salami, honey ham & pepperoni, w/ fontina & provolone cheese, muffaletta spread, lettuce, tomato and pesto aioli on baguette

### **TURKEY AVOCADO BLT**

smoked turkey breast, extra bacon, gouda, avocado mash, everything bagel spice, lettuce, tomato, sprouts & garlic aioli on fresh baked sourdough

### **GRINGO CUBANO**

roasted pork, smoked ham & roasted turkey, swiss & american cheese, seeded mustard and house pickles, pressed on a ciabatta panini

### **FORAGER (V)**

herbed goat cheese, aged white cheddar, fried egg, grilled zucchini & bell pepper, arugula, mixed greens, tomato, red onion, shredded carrot, sprouts and smoked paprika aioli on hippie wheat

### **RUEBEN & RACHEL**

corned beef & pastrami, swiss & gruyere cheese, sauerkraut & chipotle slaw, dill and B&B pickles and russian dressing on rye

### **BALSAMIC GLAZED CHICKEN CLUB (VO)**

sticky balsamic drizzled grilled chicken breast, hummus, provolone, feta, cucumber, red onion, baby spinach and arugula with house-made pesto lime aioli on a pretzel roll



## *deli sandwiches*

**solo sandwich \$12**

**box meal \$14** (includes two 5oz sides)

### **TURKEY & PROVOLONE**

**HAM & SWISS**

**ROAST BEEF & WHITE CHEDDAR**

**BLT**

**TRUFFLED EGG SALAD (V)**

**TUNA SALAD**

**ROASTED CHICKEN & COUSCOUS SALAD**

sandwiches includes lettuce, tomato, onion, mustard, mayo & dill pickles

bread choices: sourdough, honey wheat, hippie wheat, rye, baguette, ciabatta, pretzel roll, bagel or naan, gluten free roll (+\$1)

**(V)** Vegetarian **(VO)** Vegetarian Option **(VE)** Vegan **(VEO)** Vegan Option **(GF)** Gluten Free **(GFO)** Gluten Free Option

# SALT & SUGAR

## *standard sides*

8oz \$5 | 16oz \$9

**POTATO SALAD (V)(GF) • PESTO PASTA SALAD (V)**  
**SESAME KALE & QUINOA (VE)(GF) • BEET & WALNUT SALAD (VE)**  
**BACON BALSAMIC BRUSSELS (GF) • SEARED CAULIFLOWER (VE)(GF)**  
**RED CABBAGE SLAW (VE)(GF) • CHIPOTLE SLAW (V)(GF)**  
**SMOKED PAPRIKA PASTA SALAD (V) • THREE BEAN SALAD (VE)(GF)**  
**FRUIT SALAD (VE)(GF) • POTATO CHIPS (\$2.50)**

## *deluxe sides*

8oz \$6 | 16oz \$10

**TRUFFLED EGG SALAD (V)(GF)**  
**TUNA SALAD (GF)**  
**ROASTED CHICKEN & COUSCOUS SALAD**

## *market salads*

**solo salad \$14**

**meal \$16** (includes cup of soup and sliced demi baguette or gf crisps)

### **HARVEST (VO)(GFO)**

roasted chicken, herbed goat cheese crostini, sliced almonds, cranberries, red grapes, pear tomatoes, braised cauliflower & crispy onion bits with tangy herb vinaigrette

### **ASIAN CHICKEN (VO)(VEO)(GFO)**

grilled chicken, red & green cabbage, scallions, shredded carrot, english cucumber, almonds, crisp ramen, mint & cilantro with ginger hoisin dressing

### **CHICKEN FAJITA (VO)(GFO)**

seasoned grilled chicken breast, roasted black bean & corn salsa, cheddar, queso fresco, tomato, scallions, tortilla strips, pepitas & cumin-lime vinaigrette

### **FARMERS COBB (GFO)**

roasted chicken, smoked ham, crisp bacon, boiled egg, grape tomato, cucumber, blue cheese, avocado & crunchy crouton crumble with house-made ranch

### **PICK THREE (VO)(GFO)**

Your choice of three 5oz. standard or deluxe sides on a bed of baby mixed greens, cherry tomatoes, english cucumber, shredded carrots & scallions with toasted crostini

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## *soups*

cup \$4 | bowl \$6

**TOMATO BISQUE (VE) • CHICKEN & KALE POSOLE (VEO)(GF)**

## *shareables*

small 12oz \$8 | large 16oz \$10 | catering sizes available

**MAC & CHEESE (V)**

**BACON JALAPENO MAC & CHEESE**

**CRISPY WEDGE POTATOES WITH ONION (V)(GF)**

## *noshables*

**DEMI BAGUETTE WITH BUTTER (V) \$5**

**HOUSE-MADE CROSTINI (VE) \$4**

**JAMBON BEURRE (COLD HAM & BUTTER ON BAGUETTE) \$9**

**GRILLED CHEESE (V) \$8**

**BERRY & YOGURT PARFAIT (V)(GF) \$8**

**FRUIT SALAD (V)(GF) \$4**

**GOURMET OATMEAL (V)(VEO)(GF) \$6**

**PLAIN OATMEAL (V)(GF) \$4**

**CRISPY WEDGE POTATOES WITH ONION (V)(GF) \$5**

**TOAST WITH BUTTER (V) \$4**

**BACON (2) \$4**

**EGG (2) \$4**

## *bagels*

\$3 each

**PLAIN • SESAME • EVERYTHING • GRAIN • CINNAMON RAISIN**

## *schmears* (V)

2oz \$2 | 4oz \$4

**PLAIN • PICKLED VEGGIE & SCALLION • HERBED GOAT CHEESE**

**CINNAMON PRALINE • STRAWBERRY**

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## *deluxe bagels*

**solo sandwich \$10**

**meal \$12** (includes fruit salad, yogurt & berries or crispy wedge potatoes)

### **NOVA LOXXY**

plain bagel & shmear, thin sliced red onion, salted capers, fresh tomato and delicious cold-smoked nova lox salmon

### **GARDEN DELIGHT (V)**

grain bagel, pickled veggie & scallion shmear, avocado mash, cucumber, tomato, arugula, sprouts with everything bagel spice

### **CLUCK & GOBBLE**

everything bagel, herbed goat cheese shmear, smoked lean turkey breast, fried egg, spinach & tomato

### **FUNKIE MONKIE (V)**

cinnamon raisin bagel, strawberry shmear, strawberry jam, banana & peanut butter

### **NUTTIE MONKIE (V)**

grain bagel, peanut butter, local honey, banana & toasted pecans

## *breakfast sandwiches*

**served all day**

**choice of onion bacon jam or garlic aioli**

**solo sandwich \$12**

**meal \$14** (includes fruit salad, yogurt & berries or crispy wedge potatoes)

sub egg whites +\$2

### **BUTTERMILK BISCUIT**

bacon, fried egg, white cheddar & tomato

### **EVERYTHING PRETZEL**

saged sausage, fried egg, sharp cheddar, everything bagel spice

### **MEDITERRANEAN EGG WHITE NAAN (V)**

soft flat bread, hummus and egg whites scrambled with spinach, feta & roma tomatoes finished with fresh baby spinach

### **CROISSANT JAMBON**

butter croissant, fried egg, thin sliced ham, gruyere & arugula

### **FRIED CHICKEN BISCUIT**

buttermilk biscuit, fried chicken tenders, honey butter & a side of sausage cream gravy

# SALT & SUGAR

## *pastries & baked goods*

**BUTTERMILK BISCUIT WITH BUTTER & PRESERVES \$5**

**PLAIN BUTTERMILK BISCUIT \$3**

**SCONE WITH BUTTER & JAM \$5**

**CINNAMON STREUSEL COFFEE CAKE \$4**

**BUTTER CROISSANT \$4.50**

**ALMOND CROISSANT \$5**

**CHOCOLATE CROISSANT \$5**

**FRANGIPANE CUSTARD CROISSANT \$6**

**MUFFIN WITH BUTTER \$5**

**APPLE STRUDEL \$4**

**MINI BANANA BREAD LOAF WITH HONEY BUTTER \$5**

## *sweets*

**PRALINE FRENCH TOAST BREAD PUDDING \$9**

challah, butter croissant, vanilla bean custard, praline & maple

**TARTS \$8**

Chocolate Pecan • Chocolate Gâteau (GF) • Lemon Meringue •  
Caramel Apple

**DESSERTS BARS \$4**

Buttermilk Creme Brulee • Strawberry Goopy Butter • Oreo Cookie •  
Lemon Bar • Caramel Blondie Double Chocolate Brownie • 7-Layer •  
Almond Shortbread • Pistachio Shortbread

**MACARONS (GFO) & CAKE BALLS \$3**

Creme Brulee • Strawberry • Double Chocolate • Oreo • Lemon • Red  
Velvet • Pistachio

**CUPCAKES \$5**

Carrot Cake • Lemon White Chocolate • Strawberry • Red Velvet

**GIANT COOKIES \$4**

Chewy Ginger • Chocolate Chip • Walnut Chocolate Chip • Sugar •  
Snickerdoodle • Oatmeal Currant • Oatmeal Peanut Chocolate Chip



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## *Beverages*

**MEXICAN COKE \$3**

**JARRITOS \$3**

**JOE TEA \$4**

**TOPO CHICO \$3**

**KOMBUCHA \$5**

**SAN PELLEGRINO FRUIT \$3**

**VIRGIL'S ROOT BEER \$4**

**FIJI WATER \$3**

**CAN SODA \$2**

**CBD SPARKLING WATER \$6**

**FRESH OJ \$5**

**COFFEE \$3**

**CAFE LATTE \$4.50**

**VANILLA LATTE \$5**

**FLAT WHITE \$4**

**CAFE MOCHA \$5.50**

**CAFE AU LAIT \$4**

**MATCHA LATTE \$6**

**CHAI TEA LATTE \$6**

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