

Holiday

PRE-ORDER MENU

Place orders by Friday, December 19th • Call (484)-872-2244

PICK UP ON TUESDAY, DECEMBER 23RD BY 5PM

Breakfast

BAKED OATMEAL MUFFINS (GF) \$50

12 of our famous baked oatmeal in muffin-sized portions • four of each flavor:

Holiday Spice - dried cranberries, pecans, and spices

Blueberry Walnut - pumpkin seeds, walnuts, coconut flakes, and blueberries

Maple Chocolate Sea Salt - pure maple syrup, Hu chocolate chips, sea salt

GRANOLA SQUARES (GF, DF) \$30

30 pieces of our customer favorite granola squares

made with oats, peanut butter, honey, and seeds in bite sized pieces

EGG BITES (GF, DFO)

each option below serves 12

egg, bacon, sausage, cheese, roasted potatoes ~ \$54

egg, roasted veggies, cheese (dfo) ~ \$51

BAKED OATMEAL TRAY (GF) \$95

serves 12-14 • includes 3 toppings

Sides & Salads

AUTUMN BOWL (GF, VEGAN) \$30

serves 4-6 • choice of mixed greens or kale, butternut squash, pecans, cranberries, red onion, feta, and hemp seeds with an apple cider vinaigrette dressing

WINTRY GREEN SALAD (GF, VO) \$30

serves 4-6 • quinoa, butternut squash, beets, kale, pumpkin seeds, cranberries, pecans with an apple cider vinegar dressing

SUPERCHARGED MASSAGED KALE SALAD \$30 (GF, VEGAN)

serves 4-6 • kale, pumpkin seeds, hemp seeds, walnuts, goji berries, with lemon olive oil dressing

*add feta, vegan cheese, mozzarella or raw smoked cheddar +\$4

* add goat cheese +\$6





Appetizers

HUMMUS PLATTER (VEGAN) \$20

serves 4-6

your choice of 2 flatbreads served with olive oil drizzle or
6 oz of bagel chips with hummus (8 oz)

- add extra hummus +\$6
- upgrade to sundried tomato or beet hummus +\$2

BAGEL CHIPS & CHICKEN SALAD PLATTER (DF) \$30

serves 4-6

12 oz of our homemade chicken salad with 8 oz of bagel chip dippers

- add extra bagel chips +\$10

Desserts

PUMPKIN SPICE MUFFIN TRAY (GF, DF) \$25

6 pumpkin spice muffins with a maple pecan glaze and crushed pecans

DOUBLE CHOCOLATE WALNUT MUFFIN TRAY (GF, VEGAN) \$25

6 double chocolate muffins with assorted toppings

Add-Ons

SALAD DRESSINGS \$12

12 oz - GF, DF, Seed Oil Free

ranch dressing, habanero ranch dressing, balsamic vinaigrette,
pomegranate vinaigrette, or apple cider vinaigrette

HUMMUS \$6-\$10

original hummus - 8 oz (\$6), sun-dried tomato hummus - 8 oz (\$8), or
beet hummus - 8 oz (\$8)

CHICKEN SALAD \$9.75

6 OZ - GF, DF, NFO

made with cranberries, chopped walnuts,
granny smith apples, mayo, salt, and pepper

Custom orders welcome!

Please note that these prices do not include tax or gratuity.

WE WILL BE CLOSED 12/24-12/28

