

SEVEN BAYS CAFÉ

BREAKFAST 8-3	EAST COAST BAKERY BAGEL V Everything, Sesame, or Plain 3.50 ADD BUTTER, CREAM CHEESE, PEANUT BUTTER, JAM, NUTELLA		KALE SALAD/WRAP V/N Shredded kale, cashew caesar dressing, pecan parmesan, smoked coconut + garlic croutons 10 HALF KALE SALAD 5 GF OPTIONS AVAILABLE	
	BREAKFAST SANDWICH Fried egg, provolone, garlic mayo, onion jam + sprouts on 24 Carrots english muffin 6.52 V OPTIONS AVAILABLE		PAD THAI NOODLE BOWL V/GF Sweet potato noodles, garlic chili oil, fresh veggies, tomato tamarind sauce + crispy tofu 12.61	
	BREAKFAST BURRITO/BOWL Scrambled eggs, beans, rice, lime crema, chimichurri, salsa, cheddar + corn chips, white flour tortilla 10 V/GF OPTIONS AVAILABLE		SANDWICHES SERVED ON CHOICE OF WHITE, 9 GRAIN OR FOCACCIA BREAD BY LF BAKERY BUFFALO CHICKPEA V Cumin chickpea salad, celery, carrots, spinach, pickles + smokey buffalo mayo 11.09	
	GRANOLA BOWL V/GF Pumpkin + sunflower granola, chia, hemp seeds + bumbleberry compôte, dairy or coconut yogurt 9.13		ROASTED SQUASH V Roasted squash + carrots, miso sunflower butter, sprouts, pumpkin seeds 12.61	
	AL'S BAGEL Fried egg, back bacon, cheddar, garlic mayo, Frank's hot sauce + sprouts, choice of bagel 13.12		GRILLED CHEESE Onion jam, white cheddar, provolone 8.04	
ADD +	CLASSIC BREAKFAST Two eggs fried any way, Brother's bacon or Osprey's Roost sausage, white or 9 grain toast + maple kale 10 V/GF OPTIONS AVAILABLE		SBB BLT Tomato jam, iceberg, garlic mayo, dijon, Brother's bacon or Osprey's Roost back bacon 13.12	
	SOUP DE LA SEMAINE Selection varies weekly, LF focaccia crouton 6.52		NACHOS GF Corn chips, green onion, peppers + cheddar served with salsa + sour cream 12.61	
SMOOTHIES	BACON, BACK BACON 2.65 SAUSAGE, CHORIZO 2.65 TOFU, EGG, VEGAN EGG 2.65 CHEESE, CREAM CHEESE 2.18 FRUIT, VEG, SAUCE 1.31		CHIPS + DIP V/GF 7 Ask for today's selection	
	TRAILBLAZER Banana, pineapple, spinach, green apple, pineapple juice, milk or almond milk		SBB BURRITO/BOWL Beans, rice, lime crema, chimichurri, salsa, cheddar + corn chips, cumin chickpeas 12.61 V/GF OPTIONS AVAILABLE	
	CAPTAIN HOOK Banana, pineapple, ginger, pineapple juice, milk or almond milk		GOODMORE KOMBUCHA 3.91 Rotating selection	
	JACKPOT Banana, blueberry, ginger, pineapple juice, milk or almond milk		PROPELLER GINGER/ROOT BEER 2.39	
DRINKS	THE SCOOP N Banana, dates, peanut butter, cocoa, maple syrup, milk or almond milk 5.65 ADD VANILLA VEGAN OR WHEY PROTEIN 2		BLACK RIVER JUICE 3.04 Rotating selection	
			GATORADE 2.61	
			PERRIER 2.39	
			BULWARK NON-ALCOHOLIC 5.25 UPSTREET NON-ALCOHOLIC 5.25	

V=VEGAN GF=GLUTEN FREE N=CONTAINS NUTS
 PLEASE ADVISE US OF ANY ALLERGIES