

ESPRESSO BAR

*SERVED HOT OR ICED

	8oz	12oz	16oz	20oz
ESPRESSO*	(2oz) 2.75			
CORTADO	(4oz) 3.25			
MACCHIATO	(4oz) 3.00			
AMERICANO*		3.25	3.50	3.75
FLAT WHITE	3.50	3.75		
CAPPUCCINO*	3.50	3.75	4.25	4.50
LATTE*		3.75	4.25	4.50
HONEY CINNAMON OAT LATTE*		4.50	5.00	5.25
CAFE AU LAIT	3.00	3.25	3.50	
CHAI LATTE*	3.75	4.25	4.50	
MATCHA LATTE*	4.25	4.50	4.75	
HOT CHOCOLATE	2.75	3.25	3.75	4.25
substitutie oat, almond, soy, or coconut (0.75)				

COFFEE

BREWED COFFEE	2.75	3.00	3.25
COLD BREW	3.75	4.25	4.75
FRENCH PRESS	makes 2 cups		5.50

*coffee by La Colombe

ORGANIC LOOSE LEAF TEAS

ICED TEAS	2.75	3.00	3.25
BLACK	black passion		
GREEN	moroccan mint		
HERBAL	ginger plum		
HOT TEAS			3.50
BLACK	english breakfast, earl grey, black passion		
GREEN	emerald spring, moroccan mint, jasmine		
HERBAL	chamomile, ginger plum		

LEMONADE SHAKERS

12oz/4.00 20oz/5.00 24oz/5.75

classic lemonade | iced tea lemonade
blueberry basil | strawberry kiwi mint
watermelon lime

COLD PRESSED JUICES

12oz/8.25 16oz/10.50

8-CARROT GOLD	carrots, apple, ginger, lemon
CAN'T BEET THAT	beets, apple, ginger, lemon
GREEN THUMB	celery, kale, spinach, mint, apple, lemon, cucumber
REFRESH	apple, lemon, mint
THE COOLEST	cucumber, pineapple, apple, mint, lemon
TROPICAL KICK	pineapple, apple, ginger, cayenne
LOVELY DAY	carrots, apple, cinnamon
GINGER SHOT	ginger, apple, lemon 3.50
IMMUNITY BOOSTER	ginger, celery, apple, pineapple, cayenne 4.75

SMOOTHIE BOWLS

11.00

BERRY BOWL	blueberry, strawberry, banana, almond milk, almond butter, topped with honey, granola, blueberry, sliced strawberry & banana
YOU'RE MY BOWL BLUE	banana, blueberry, almond milk, lavender, topped with granola, cinnamon, banana, blueberries, honey, chia & hemp seeds
GREEN BOWL	spinach, avocado, banana, coconut milk, topped with granola, agave, chia seeds, sliced kiwi, strawberry & banana
YOGURT + GRANOLA	greek yogurt, bananas, strawberries, blueberries, Free Spirit® Gluten Free Granola, with a honey drizzle 9.75

SMOOTHIES

12oz KIDS/6.75 16oz/8.75

BANANA MOCHA ESPRESSO	espresso, banana, almond milk, chocolate
BLUEBERRY AVOCADO	blueberries, avocado, spinach, almond butter, almond milk 11.00
BLUEBERRY BANANA	blueberries, banana, almond milk
DAILY FIX	strawberries, banana, spinach, dates, coconut milk, vanilla whey
IT'S NOT EASY BEING GREEN	kale, spinach, avocado, cucumber, coconut water, mint, lemon, apple
KALE ME MAYBE	kale, strawberries, banana, pineapple, coconut water, chia & hemp seeds
MATCHA	spinach, kale, dates, banana, coconut water (+1.00)
PB & BANANA	peanut butter, banana, almond milk
ROLLING IN THE OATS	rolled oats, banana, dates, pecans, cinnamon, almond milk
STRAWBERRY ORANGE BANANA	strawberry, banana, orange juice
TROPICAL ESCAPE	mango, orange juice, pineapple, banana, coconut milk
WAKE UP	espresso, almond butter, almond milk, chocolate, banana, dates, apple

HOMETOWN TOASTS

SERVED ON OUR DELICIOUS MULTIGRAIN BREAD AVAILABLE AS A BREADLESS BOWL (sub 2 eggs)*

ANYTIME TOAST*	avocado, roma tomato, fresh bacon, sliced hard boiled egg, drizzled olive oil, salt & pepper, side of giardiniera 9.75
THE CLASSIC*	avocado, roma tomato, crushed red pepper flakes, salt, olive oil (add egg +2.00) 8.75
AVO & LOX*	avocado, smoked salmon, cucumber, roma tomato, salt, lemon, capers (add egg +2.00) 12.25
GARDEN CAPRESE*	avocado, pesto, roma tomato, salt, balsamic glaze, mozzarella (add egg +2.00) 9.75
TUNA & AVO*	house prepared albacore lemon caper tuna, roma tomato, lemon, salt, avocado, pepper, olive oil 11.50
GREEK*	avocado, red onion, tomato, feta, kalamata olives, cucumber, greek dressing (add egg +2.00) 9.25
APPLE ALMOND	almond butter, apple, honey cinnamon drizzle, pecan crumble 9.25
MEXICAN AVO TOAST	avocado, red onion, over hard egg, tomato, queso fresco, Lino's salsa macha* (spicy) 9.75

CLASSICS

BAGEL & LOX	smoked salmon, cream cheese, tomato, cucumber, capers, plain bagel 12.25
HT BREAKFAST SANDWICH	egg, bacon, cheddar, tomato, avocado, brioche 10.75
BREAKFAST WRAP	scrambled egg, bacon, cheddar, avocado, tomato, honey wheat wrap 9.75
BAGEL & CREAM CHEESE	plain, sesame, rye, everything, or cinnamon raisin bagel with plain or chive cream cheese 4.75
LOU'S BREAKFAST	two eggs, bacon, avocado, multigrain 9.75
VEGGIE SANDWICH	hummus, spinach, red onion, cucumber, tomato, swiss, olive oil, salt, pepper on toasted multigrain 9.50
TUNA SANDWICH	house albacore lemon caper tuna, tomato, on multigrain 11.00
TURKEY BLT WRAP	turkey, bacon, lettuce, tomato, munster, honey mustard, honey wheat wrap 9.50

OATMEAL

FRESH OATMEAL	rolled oats, brown sugar maple cinnamon drizzle, agave, cinnamon, banana, strawberry, blueberry, pecans 5.50
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BAGEL MELTS

BACON EGG & CHEESE	bacon, cheddar, fresh cooked egg, on a plain bagel 8.75
SALAMI EGG & CHEESE	salami, cheddar, fresh cooked egg, on an everything bagel (sub ham for salami) 9.00
SAUSAGE, EGG & CHEESE	pork or turkey, fresh cooked egg, cheddar, plain bagel 8.75
THE CLUB	turkey, munster, bacon, tomato, honey, mustard, on a plain bagel 9.50
RUBIN'S REUBEN	turkey, swiss, Russian dressing slaw, on a rye bagel 9.25
PARK AVE MELT	turkey, cheddar, tomato, horseradish sauce, red onion, on an everything bagel 9.25
TUNA MELT	house prepared albacore lemon caper tuna, tomato, and cheddar, on an open face plain bagel 11.00

SALADS & POCKETS

ALL DRESSINGS ARE HOUSE MADE SERVED IN BOWL, WRAP, OR WARM PITA

DETROIT GREEK	romaine & iceberg lettuce, cucumber, tomato, beets, feta, chickpeas, kalamata olives with Julie's Greek dressing (add turkey +3.50) 11.50
THE HOMETOWN	romaine & iceberg lettuce, turkey, ham, swiss, green olives, gherkin sweet pickles, hard boiled eggs, with creamy maurice dressing 13.00
HARVEST KALE	kale, sweet potato, quinoa, pumpkin seeds, red cabbage, chives with mustard dill dressing 11.50
THE REGGIE	romaine & iceberg lettuce, hearts of palm, provolone, carrot, cucumber, celery, tomato, red peppers, with hometown balsamic vinaigrette 11.00
TUNA SALAD	house albacore lemon caper tuna, spinach, cucumber, carrots, pickles, with hometown balsamic vinaigrette 11.75
THE HENRY	cobb style with romaine & iceberg lettuce, turkey, cucumber, bacon, tomato, blue cheese, hard boiled egg, avocado, homemade ranch dressing 13.25

SPECIALS

GIANT PRETZEL	sea salt or cinnamon sugar, choose three dips: yellow mustard, dijon, beer cheese, chocolate, sweet cream 11.00
FEATURED SOUP TURKEY CHILI*	available daily* 8oz cup 4.25 16oz bowl 6.25

ASK ABOUT OUR GLUTEN FREE OPTIONS
consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness