

# Coffee, Tea & Espresso

All beverages are served hot or iced daily until 4p.m.



small 16oz large 20/24oz

Milk alternatives + .75cents  
Almond, Soy, Oat & Coconut Milk

Coffee & Tea  
Refills \$1.00

<b>Hot Coffee of the Day</b>	2.75	3.25
<b>Iced Coffee/Iced Tea</b> 16/24oz	2.75	3.35
<b>Trident Nitro Cold Brew on tap or can</b>	5.25	6.95
<b>Cafe Aulait</b> coffee & steamed milk	3.45	3.95

<b>Hot Tea</b> see our selection located on the left shelf	2.75	3.25
<b>Iced Tea Sunrise</b> iced tea + raspberry + orange juice	3.75	4.35
<b>London Fog</b> Earl Grey Tea, vanilla & milk	3.75	4.25
<b>Fix Me I'm Sick</b> English Breakfast & Peppermint Tea, honey & oat milk	3.75	4.25

<b>Espresso</b> single, double, triple	2.25	2.75	3.20
<b>Americano</b> espresso + hot water	4.45	4.95	
<b>Hammerhead</b> espresso + coffee	4.65	5.15	
<b>Latte or Cappuccinno</b> espresso + steamed milk + foam	4.65	5.25	
<b>Mocha</b> espresso + chocolate + milk + whip	4.95	5.75	
<b>White Mocha</b> espresso + white chocolate + milk + whip	4.95	5.75	
<b>Mexican Mocha</b> espresso + sweet & spicy cocoa + milk + whip	4.95	5.75	
<b>Milky Way</b> espresso + chocolate + vanilla + caramel + milk + whip	4.95	5.75	
<b>100 Grand</b> (caramel mach/cloud) espresso + vanilla + caramel + milk + whip	4.95	5.75	
<b>Magically Delicious</b> espresso + mint + chocolate + milk + whip + andes mints	4.95	5.75	
<b>The Invincible</b> coffee + coconut oil + butter + cane sugar = blended & served	4.95	5.75	
<b>Vietnamese</b> espresso + condensed milk + hot water	4.95	5.75	
<b>Chai Latte or Matcha Latte</b> sweet spices + milk	4.65	4.95	
add espresso & make it a <b>Dirty Chai</b>	4.95	5.75	
<b>Honey Latte</b> espresso + honey + almond milk + cinnamon	4.95	5.75	

# Bowls & Lean Protein



<b>PITAYA BOWL</b> served one size 24oz. 9.25 dragon fruit, strawberries, mango & pineapple blended & layered in a bowl with strawberries, bananas, coconut, honey & gf organic hemp granola on top *Add melted peanut butter or almond butter mixed in or on top +\$1.30	
<b>BEACH LOVER BOWL</b> served one size 24oz. 10.55 dragon fruit, blueberries, mango & pineapple blended & layered in a bowl with strawberries, bananas, coconut, honey, gf organic hemp granola & almond butter	
<b>Oatmeal Parfait</b> served chilled 7.95 oats, coconut milk, chia seeds & honey, topped with strawberries, bananas & gf organic hemp granola	
<b>Autumn Oatmeal</b> served hot 7.95 oats, chai, apples, bananas, cranberries & almonds	
<b>Fruit Bowl</b> 7.95 greek yogurt topped with fruit, honey, coconut & gf organic hemp granola	

<b>Breakfast Bowl</b> 9.25 *sub turkey or bacon for veggie sausage = Gluten Free cage free egg whites, cheese, veggie sausage, tomato, onion, avocado, spinach & awesome sauce = greek yogurt & organic salsa mixed	
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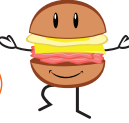
<b>Pot of Gold Bowl</b> 9.25 cage free egg whites, cheese, bacon, tomato, onion, avocado, spinach, awesome sauce & lemon pepper	
<b>Mediterranean Bowl</b> 9.25 cage free egg whites, feta, tomato, cucumber, onion, spinach, peperoncini, kalamata olives, hummus, & lemon	
<b>Fiesta Bowl</b> 9.25 cage free egg whites, black beans, tomato, onion, jalapeno, avocado, spinach, salsa & lemon	
<b>Naked Bowl</b> 9.25 cage free egg whites, spinach, tomato, cucumber, onion, avocado & dijon	
<b>Green Eggs &amp; Lemon Bowl</b> 9.25 double cage free egg whites, spinach, cucumber, avocado, lemon & lemon pepper	

<b>Summer Salad</b> small 9.95 large 12.95 spinach, strawberries, mandarin oranges, apples, cranberries, cucumber, chopped almonds, feta, lemon & honey drizzle	
<b>Crown Point Salad</b> small 9.95 large 12.95 spinach, feta, cucumber, onion, tomato, kalamata olives, peperoncini, lemon, mediterranean seasoning, oil & vinegar	
<b>Salmon Salad</b> small 10.95 large 13.95 spinach, wild alaskan smoked salmon, avocado, tomato, cucumber, onion, capers, lemon & lemon pepper	
<b>The Amazing Salad</b> small 10.95 large 13.95 spinach, herb roasted turkey, bacon, hard boiled egg, cucumber, tomato, feta, onion, avocado, lemon pepper & awesome sauce	

# Breakfast & Lunch Samiches

Food is served daily until 3:30p.m.

Bagels, Butter Croissants, Buttermilk Biscuits,  
English Muffins or Levain Bread (sourdough & wheat blend)



<b>Elvis</b> served open face on a cinnamon raisin bagel, topped with peanut butter or almond butter, bananas & honey \$6.95	
<b>Priscilla</b> served open face on your choice of bagel, topped with cream cheese, strawberry jam & strawberries \$6.95	
<b>Ingraham St</b> cage free egg whites & cheese \$6.95	
<b>Riviera</b> bacon, cage free egg whites & cheese \$7.95	
<b>La Mancha</b> sausage, cage free egg whites & cheese \$7.95	
<b>Lean La Mancha</b> veggie sausage, cage free egg whites & cheese \$7.95 *Sum's Fav on a cinnamon raisin bagel with honey drizzle	
<b>Healthy Burger</b> \$10.95 cage free egg whites, cheese, herb roasted turkey, avocado, tomato & spinach	
<b>The Amazing Breakfast Samich</b> \$11.50 butter croissant/jalapeno cheese bagel cage free egg whites, cheese, bacon, tomato, onion, cream cheese, jalapenos & awesome sauce = greek yogurt & organic salsa	

<b>Breakfast Toast</b> \$9.50 served sandwich style add egg + \$2.50 organic hummus, avocado, spinach, tomato, cucumber, onion & lemon pepper	
<b>Avocado Toast</b> \$4.95 *ZLAC Rowers favorite toasted bread slice with avocado & lemon pepper add egg + \$2.50	
<b>Veggie Bagel</b> served open face \$8.50 cream cheese, tomato, cucumber & lemon pepper * add avo + \$2.50	
<b>Veggie Supreme</b> served sandwich style \$9.50 cream cheese, avocado, onion, tomato, cucumber, spinach & lemon pepper	
<b>Loxness Monster</b> served sandwich style \$10.95 cream cheese, wild alaskan salmon, tomato, cucumber, onion, capers, lemon pepper *open face + \$5	

<b>Cali Turkey Lunch samich</b> \$9.95 herb roasted turkey, cheese, spinach, tomato, onion, avocado, awesome sauce	
<b>Turkey Dijon Lunch samich</b> \$9.95 herb roasted turkey, cheese, tomato, onion, cucumber, avocado & dijon	
<b>Gina Gina Lunch samich</b> \$10.95 herb roasted turkey, hummus, avocado, feta, cucumber, tomato, awesome sauce	
<b>The Amazing Lunch samich</b> \$12.50 butter croissant/Levain Bread, herb roasted turkey, bacon, cheese, cream cheese, tomato, onion, avocado, cucumber, spinach & awesome sauce	