breakfast specialties
Served with Madison Sourdough toast, your choice of rosemary, wheat, white or rye.

Green Eggs & Ham • A blend of local organic scrambled eggs, green onions, diced ham and cream cheese served over crispy hashbrown potatoes. 6.75 588 cal

Bistro Skillet • Crispy hashbrown potatoes with fresh mixed peppers, red onion, tomatoes and portabella mushrooms. Topped with local organic scrambled eggs and Wisconsin mozzarella cheese. Served with a side of grapes. 6.50 503 cal

Spinach Feta Scramble • Local organic eggs folded with fresh spinach and Wisconsin feta cheese. 6.25 381 cal

Stuffed Portabella Mushrooms • A portabella mushroom stuffed with a blend of local organic scrambled eggs, quinoa and fresh veggies topped with Wisconsin feta cheese. Served with grapes. 6.95 482 cal

Breakfast Tacos • Two soft whole wheat flour tortillas filled with local organic scrambled eggs, black beans, crisp bell peppers and topped with shredded Wisconsin cheeses. Served with a side of pico de gallo, guacamole and grapes. 6.50 638 cal

eggs entrees
Served with Madison Sourdough toast, your choice of rosemary, wheat, white or rye.

One & One • One local organic egg any style, with one slice of toast. 2.50 206 cal

Two & Two • Two local organic eggs any style, with two slices of toast. 4.50 411 cal

The Classic • Two local organic eggs any style, with hashbrown potatoes and choice of toast. 5.75 466 cal

omelet • Three egg omelet with your choice of four ingredients. Served with choice of toast. 6.50 400-600 cal
MEAT: Applewood Smoked Bacon, Turkey Bacon, Sausage, Turkey Sausage or Ham
CHEESE: Swiss, Cheddar, Pepper Jack, Feta, Gouda, Mozzarella
FRESH VEGGIES: Portabella Mushrooms, Spinach, Bell Peppers, Red Onion, Tomatoes

fruit & cereal
Fruit & Yogurt Parfait • Your choice: Strawberry, Raspberry, Blueberry or seasonal fruit and low fat vanilla yogurt layered into a delicious parfait. Served with granola on the side. 2.25 400 cal 9 oz.

steel cut oatmeal • Hot and made from scratch! Served with your favorites: raisins, granola, almonds, dried cranberries and brown sugar. Cup - 2.25 240 cal Bowl - 2.75 400 cal

sandwiches & wraps
Create Your Own
Choice of toast, all natural (plain, everything or sesame bagel), English muffin or tortilla (wheat or garlic herb). Add a local organic egg and choose two of your favorites: Swiss, feta, cheddar, pepper jack, mozzarella, bacon, turkey bacon, sausage, turkey sausage, or ham. 5.95 340-625 cal

B.E.L.T Sandwich • Applewood smoked bacon, local organic egg, crisp lettuce and tomato on choice of toasted bread with homemade basil aioli. 6.50 525 cal

steak & egg flatbread sandwich • Warm flatbread topped with mozzarella cheese, Angus beef steak and local organic scrambled eggs. Served with a side of homemade horseradish sauce. 6.75 765 cal

Mediterranean Egg White Sandwich • Wheat toasted English muffin topped with sun dried tomato pesto, fresh spinach, sliced tomatoes, folded local organic egg whites and Wisconsin mozzarella cheese. 6.25 425 cal

ala carte
Crispy Hashbrowns • 2.50 250 cal
Loaded Hashbrowns • Hashbrowns, mixed peppers, onions and cheese. 3.95 450 cal

add hashbrowns to ANY order for 1.50

add protein to ANY order (sausage, turkey sausage, bacon, turkey bacon or ham) 2.25
SANDWICHES, PANINIS & WRAPS

Pesto Veggie Flatbread • Warm flatbread topped with pesto, quinoa, tomatoes, feta cheese, carrots, zucchini, onion, mixed peppers, broccoli and spinach served hot off the grill. 6.50 495 cal

Steak Flatbread Sandwich • Warm flatbread with homemade steak sauce topped with Wisconsin mozzarella cheese, Angus beef steak, grilled onions and portabella mushrooms. 6.95 648 cal

Signature Grilled Cheese • Local Wisconsin cheddar and Gouda cheeses with sliced ripe tomatoes and fresh basil on rosemary bread crust with parmesan and garlic. 5.75 670 cal

Shrimp Tacos • 2 Soft whole wheat flour tortillas filled with seasoned shrimp, veggie slaw, pico de gallo, shredded Wisconsin cheese, fresh cilantro, served with tortilla chips, guacamole and salsa. 7.50 600 cal

SALADS & HOMEMADE SOUP

Caesar Salad • Crisp romaine lettuce, grape tomato, red onion and homemade croutons tossed in Caesar dressing, and topped with shaved Parmesan cheese. 5.75 720 cal

Sesame Salmon Veggie Bowl • Power veggie blend (broccoli, cauliflower, kale, brussel sprouts, golden beets, carrots and red cabbage) topped with Asian marinated wild Alaskan salmon, sliced almonds, mandarin oranges, cilantro and crispy Asian noodles. Served with sesame dressing. 7.95 525 cal

Southwest Chicken Salad • Organic mixed greens topped with tomatoes, black olives, cilantro, fresh pico de gallo, green onions, Wisconsin cheddar cheese with warm seasoned strips of grilled chicken. Served with salsa vinaigrette, guacamole and tortilla chips. 6.95 675 cal

B.L.T • Toasted wheat sourdough bread with applewood smoked bacon, green leaf lettuce, sliced ripe tomato and a homemade basil aioli. 6.50 515 cal

Cuban Sandwich • Seasoned pulled pork topped with all natural ham, Wisconsin Swiss cheese and crisp dill pickles, served on a ciabatta roll and a side of whole grain mustard aioli. 7.50 720 cal

Old Standby • Hardwood smoked sliced ham, smoked all-natural turkey or homemade tuna, egg or chicken salad served on your choice of bread with green leaf lettuce and sliced ripe tomato. 5.25 varies, average: 450 cal

Reuben / Rachel • Corned beef or all-natural smoked turkey breast on rye, topped with local sauerkraut and Wisconsin Swiss cheese, grilled to perfection. Served with 1000 island dressing. 6.95 650 / 575 cal

Greek Salad • Organic mixed greens, red onion, cherry tomatoes, cucumbers, kalamata olives, pepperoncini and feta cheese with feta vinaigrette. 5.95 450 cal

ADD BREADSTICK .50

OLD STANDBY SANDWICH COMBO

Half Sandwich & Choice of Salad 5.75
Half Sandwich & Soup 6.25
Half Salad & Soup 6.25

*Sub turkey bacon for Applewood smoked bacon.*
**Nutritionals are an estimate**

CALL 608-417-7103 TO PLACE CARRY-OUT ORDERS

We proudly serve seasonal, locally-sourced ingredients whenever possible, featuring eggs from Organic Valley Farms, locally-roasted coffee and bread from Madison Sourdough Co.

- VEGETARIAN