

JANUARY



Monday

Muffins: Blackberry Oat...
 Scones: Whole Wheat Apple Cinnamon, Raspberry Almond...
 Cookies: Oatmeal Chocolate Chip Walnut & Oatmeal Salted Caramel...
 Fruit Bars: Marionberry...
 PLUS: Banana (Gluten Free, Dairy Free)...

Tuesday

Muffins: Apple Cinnamon, Lemon Blueberry...
 Scones: Cranberry Walnut & Berry...
 Cookies: Oatmeal Chocolate Chip Walnut & Oatmeal Salted Caramel...
 Quick Bread: Lemon Blueberry...
 PLUS: Brownies...



Wednesday

Muffins: Cranberry Apple UH, Lemon Blueberry Poppyseed...
 Scones: Date & Raisin Nut (aka Earth) & Berry Cream Cheese...
 Cookies: Oatmeal Chocolate Chip Walnut, Peanut Butter Chocolate Chip...
 Fruit Bars: Peach...

Thursday

Muffins: Carrot Raisin Walnut & Blueberry Paleo (Made With Almond Flour)...
 Scones: Apple Cinnamon & Blackberry Almond...
 Cookies: Oatmeal Chocolate Chip Walnut & Snicker Doodles...
 (Chocolate Chip Cookies made without Gluten)...
 Bars: Mixed Berry and Blondies...

Friday

Cinnamon Rolls with applesauce...
 Muffins: Apple Cinnamon & Mixed Berry Ultra-Healthy...
 Scones: Poppy Seed Almond...
 Cookies: Oatmeal Chocolate Chip Walnut & Salted Caramel Cookies...
 Fruit Bars: Blueberry...

Saturday

Frosted Cinnamon Rolls...
 Muffins: Berry Yogurt...
 Scones: Apple Cinnamon & Berry...
 Cookies: Snickerdoodles



203 Genessee Street • Medford OR 97504 • (541) 245-3310
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7 a.m. to 5 p.m. Monday – Friday
 Saturday 8 a.m. to 3 p.m.

JANUARY



Hot bread comes out daily
 between 10am to 1pm

Daily

*Honey Whole Wheat, Cinnamon Chip, *5-Seed Dakota,
 Monkey Bread

Monday

Honey Whole Wheat, Harvest White, Cinnamon Chip, *5-Seed Dakota,
 Pumpernickel Rye, Banana Bread (made without Dairy or Gluten)

Tuesday

*SuperFood, Sourdough, Multi-Grain Sourdough, Popeye

Wednesday

Asiago Sourdough, Sourdough, Cherry Walnut

Thursday

Sourdough, Cranberry Pear Walnut, Swiss Dill, Gluten Less Dakota, Multi
 Grain Sourdough

Friday & Saturday

Sourdough, Challah, *Breakfast Blast, Savory Sourdough

Breads with a star * indicate 100% Whole Grain.

Hot bread comes out daily between 10am to 1pm

Salads:

Mexicali Salad: \$8.50 - Mixed greens, smoked turkey breast, fresh avocado, shaved cabbage, cherry tomatoes, red onion, black beans, tortilla chips, our delicious house-made chipotle honey lime yogurt dressing.

The Greek: \$7.99 - Fresh greens, artichoke hearts, Kalamata olives, roasted red peppers, cucumbers, cherry tomatoes, and feta cheese, topped with our house-made red wine & olive oil vinaigrette.

The Yardbird: \$8.95 - Mixed greens, chicken, spiced seeds & nuts, roasted chickpeas, raisins, crasins and Parmesan cheese topped with house-made avocado goddess dressing.

Side Kick: \$4.50 - A simple mix of spring greens, grape tomatoes, cucumbers and croutons

Dressings: - Ranch, Italian, Baja Chipotle Lime Yogurt and Avocado Goddess

New Sides:

Chips \$1.50, Meat sides (ham, bacon, turkey, tuna, egg, avocado) \$2.00

Classic Sandwiches: Mon-Fri until 4pm / Saturday until 3pm

Most sandwiches include sliced tomato, lettuce, thinly sliced red onion & salt & pepper. Some have mayonnaise & Dijon mustard and others have a spread. All include your choice of fresh made bread.

Full sandwich \$7.95 Half \$5.50
\$1.00 extra for gluten free bread
prices subject to change :)

Ham & Swiss: Tender slices of honey smoked ham & Swiss Cheese

Table Rock Turkey: Smoked Turkey Breast & Swiss Cheese

Roast Beef: Pepper roasted thinly sliced roast beef with Provolone cheese

Peanut Butter & Jelly: Full \$4, Half \$2.50

Drinks:

Fresh Squeezed Lemonade\$3.50
Fresh Brewed Organic Green and Black Iced Tea\$2.50
Noble Espresso Coffee: ...Latte \$3.75 Americano \$2.75 Cappuccino \$3.50
Cold Brew.....\$3.00
Assorted Loose Leaf Teas\$2.75
Italian Soda.....\$2.75
Orange, Peach, Strawberry, Raspberry, Coconut, Blackberry
Assorted Sodas.....\$1.75
Coke, Diet Coke, Sprite, Root Beer

Hot Signature Sandwiches: Mon-Fri until 4pm / Saturday until 3pm

Breakfast Sandwich: \$8.25 - Ham or Bacon or Avocado, Eggs, Cheddar, Swiss or Pepper Jack Cheese, garlic spread on fresh made bread. Eggs with spinach add, \$0.75

BLAT: \$8.25 - Our version of the bacon lettuce tomato with fresh mashed avocados served on your choice of fresh bread with mayo then grilled.

Groovy Grilled Cheese: \$5.65 - A twist on the traditional sandwich served with a garlic and herb spread, sharp cheddar & Swiss cheese.
With tomato add \$0.50, • with ham or crisp bacon add \$2.00

Spicy Apple Bacon grilled Cheese: \$8.25 - Melted sharp cheddar cheese & provolone, thinly sliced apples, bacon, and pepper jelly.

Signature Sandwiches: Mon-Sat until 4pm

Cowboy Cobb: Full \$8.95, Half \$5.95 - Fresh avocado, smoked turkey breast, crispy bacon, with bleu cheese spread.

Turkey Cranberry: Full \$7.95, Half \$5.75 - Smoked turkey, provolone cheese, cranberry orange horseradish sauce, lettuce, mayo and onions.

Sweet-Spicy Chicken Salad Sandwich: Full \$7.95, Half \$5.50 - Chunks of white and dark meat chicken in a seasoned mayonnaise dressing with our homemade sweet and spicy pecans.

Harvest Grand Veggie: Full \$7.75, Half \$5.50 - Fresh bell pepper rings, cucumber slices, provolone & cheddar cheeses with our sweet red pepper spread.

Tuna Salad Sandwich: Full \$7.95, Half \$5.50

Solid white albacore tuna with celery, lettuce, sliced tomato and red onion

Baja Chipotle Turkey: Full \$8.95, Half \$5.95 - Smoked turkey, pepper jack cheese, avocado, pickled red onion, chipotle lime yogurt sauce, tomato, green cabbage and sandwich salt.

Turkey Goddess sandwich: Full \$8.95, Half \$5.95 - Turkey, Havarti cheese, red onion, tomato, lettuce, Goddess Spread (avocado, mayo, sourcream, lemon, garlic, anchovy paste, scallions, parsley, basil, tarragon, kosher salt, black pepper).

Vegan Veggie: Full \$7.95 - Fresh avocado, hummus, cucumbers, bell peppers, onion, tomato, green leaf lettuce and spinach