

October

Monday

Muffins: Morning Glory, Banana or Pumpkin made without dairy or gluten...
 Scones: Raspberry Almond & Whole Wheat Apple Cinnamon...
 Cookies: Oatmeal Chocolate Chip Walnut & Oatmeal Salted Caramel, Oatmeal Raisin...
 Bars: Blackberry...
 Quick Bread: Banana or Pumpkin made without dairy or gluten...



Tuesday

Muffins: Apple Cinnamon, Lemon Blueberry...
 Scones: Cranberry Walnut, Berry Scone...
 Cookies: Oatmeal Salted Caramel, Oatmeal Chocolate Chip Walnut,
 Oatmeal Raisin, Snickerdoodles...
 Bars: Peach...
 Tea Cake: Lemon Blueberry...
 Plus: Cinnamon Rolls



Wednesday

Muffins: Blueberry Bran...
 Scones: Date and Raisin Nut (aka Earth), Peach Cream Cheese...
 Cookies: Oatmeal Salted Caramel, Oatmeal Chocolate Chip Walnut,
 Chocolate Chip made without gluten...
 Bars: Raspberry, Bread Pudding...

Thursday

Muffins: Morning Glory (with raisins, walnuts, apples, carrots, coconut),
 Pumpkin Chocolate Chip...
 Scones: Apple Cinnamon, Chef Choice Scone made without gluten...
 Cookies: Oatmeal Chocolate Chip Walnut, Oatmeal Salted Caramel...
 Bars: Brownies made without gluten...
 Tea Cake: Pumpkin Chocolate Chip...

Friday

Muffins: Berry Yogurt Bran...
 Scones: Poppyseed Almond & Berry Cream Cheese...
 Cookies: Oatmeal Salted Caramel, Oatmeal Chocolate Chip Walnut, Snickerdoodles...
 Bars: Blueberry, Pumpkin...
 PLUS: Cinnamon Rolls with Applesauce...

Saturday

Scone: Apple Cinnamon...
 Cookies: Oatmeal Chocolate Chip Walnut...
 PLUS: Cinnamon rolls with Frosting...



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

October

Hot bread out of the oven by 11 am daily.



Monday - Friday

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

Monday

Multi-Grain Sourdough, Harvest White, Banana or Pumpkin made
 without dairy or gluten

Tuesday

Pumpernickel Rye, Basil Parmesan, Super Food, Dakota made
 without gluten, Lemon Blueberry Tea Cake

Wednesday

3-Cheese Garlic Sourdough, Multi-Grain Sourdough, Cranberry
 Pear Walnut

Thursday

Swiss Dill, Harvest White, Rosemary Garlic Sourdough, Onion
 Cheddar Garlic Rolls, Pumpkin Chocolate Chip

Friday - Saturday

Challah, Multi-Grain Sourdough, Apple Crunch

Salads:

Chicken Cobb Salad: \$12.75 - Chicken, mixed greens, egg, bacon, grape tomatoes, avocado, bleu cheese crumbles & croutons; choice of dressings.

Mexicali Salad: \$12.75 - Mixed greens, 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: \$12 - 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: \$12.75 - Mixed greens, chicken, spiced seeds & nuts, roasted chickpeas, raisins, cranberries and Parmesan cheese topped with house-made avocado goddess dressing.

Side Kick: \$5.75 - A simple mix of spring greens, grape tomatoes, cucumbers and croutons. Your choice of dressing... Ranch, Italian, Baja, Avocado Goddess.

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

New Sides: - Chips \$1.95, Meat sides (ham, bacon, turkey, tuna, egg, avocado) \$3.00

Classic 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.

\$2.00 extra for gluten free bread & Specialty Breads
prices subject to change :)

Ham & Swiss: Full \$12.50, Half \$6.35 - Tender slices of honey smoked ham & Swiss Cheese.

Table Rock Turkey: Full \$12.50, Half \$6.35 - Turkey Breast & Swiss Cheese.

Roast Beef: Full \$12.50, Half \$6.35 - Pepper roasted thinly sliced roast beef with Provolone cheese.

Peanut Butter & Jelly: Full \$6, Half \$4.00

Avocado Toast: \$8.50 - Bread choices of sourdough, 5-seed dakota, honey whole wheat)

Breakfast Sandwich: \$11.95 - Meat choice of Ham, Bacon, Avocado or Turkey, Eggs, choice of cheese (cheddar, swiss, provolone or pepper jack), garlic spread on fresh made bread. Add spinach \$0.75

BLAT: \$13.50 - Our version of the bacon lettuce tomato with fresh mashed avocado on your choice of toasted fresh bread and mayo.

Groovy Grilled Cheese: \$7.95 - 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 \$2.95

Spicy Apple Bacon Grilled Cheese: \$13.75 - Melted sharp cheddar cheese & provolone, thinly sliced apples, bacon, and pepper jelly.

Cowboy Cobb: Full \$13.75, Half \$6.95 - Fresh avocado, turkey breast, crispy bacon, with bleu cheese spread.

Chimichurri Roast Beef: Full \$13.75, Half \$6.95 - Roast beef, swiss cheese, chimichurri sauce, red onion, lettuce, tomato, salt & pepper.

Turkey Cranberry: Full \$13.75, Half \$6.95 - Turkey, provolone cheese, cranberry orange horseradish sauce, lettuce, mayo and onions.

Chicken Salad Sandwich: Full \$13.75 Half \$6.95 - Chunks of white and dark meat chicken in a seasoned mayonnaise dressing with our homemade sweet and spicy pecans.

Harvest Grand Veggie: Full \$12.50, Half \$6.95 - Fresh bell pepper rings, cucumber slices, onions, provolone & cheddar cheeses with our sweet red pepper spread.

Tuna Salad Sandwich: Full \$12.95, Half \$6.95
Solid white albacore tuna with celery, lettuce, sliced tomato and red onion.

Baja Chipotle Turkey: Full \$13.75, Half \$6.95 - Turkey, pepper jack cheese, avocado, pickled red onion, chipotle lime yogurt sauce, tomato, green cabbage and sandwich salt.

Turkey Goddess Sandwich: Full \$13.75, Half \$6.95 - Turkey, Havarti cheese, red onion, tomato, lettuce, Goddess Spread (avocado, mayo, sour cream, lemon, garlic, anchovy paste, scallions, parsley, basil, tarragon, kosher salt, black pepper).

The Italian: Full \$13.75, Half \$6.95 - Shaved Genoa Salami and Smoked Ham topped with a Red Pepper Black Olive Tapenade and Provolone Cheese drizzled with Red Wine Vinaigrette. Your Choice of Fresh Baked Bread with Lettuce, Tomato & Onion

Vegan Veggie: \$12.50 - Fresh avocado, hummus, cucumbers, bell peppers, onion, tomato, green leaf lettuce and spinach.

Hours: Monday - Saturday 8am - 3pm | Closed Sunday