



ITEMS CAN BE MADE GLUTEN FREE ON REQUEST*

ALL DAY BREAKFAST

THE BURRITO / \$8.50

Scrambled eggs, green chili sauce, potatoes, salsa, sour cream, & cheddar cheese

Choose: bacon, sausage, kielbasa or avocado

THE BABE / \$11

Bacon, egg, bacon, cheddar cheese, & more bacon on a kaiser brioche bun

THE COLORADO / \$11

Egg, kielbasa, green chili sauce, pepper jack cheese, & mayo on a jalapeno cheddar bagel

THE DENALI / \$12

Kielbasa, bacon, sausage, eggs, potatoes, green chili, hot sauce, cheddar, & provolone wrapped in a tortilla

THE MONKEY'S FIST / \$6

House-made granola, organic almond butter, banana, & honey wrapped in a tortilla

BAGELS AND TOAST

- plain bagel \$4
- everything \$4.5
- jalapeno cheddar \$4.5
- gluten free bagel* \$4.5
- sourdough bread \$3.5
- 15 grain bread \$3.5

Add butter, cream cheese, jam, or honey for \$.50 each or add avocado for \$1.5.

ALL DAY LUNCH

Comes with a side of chips or a banana

Substitute your meal's protein for roasted chickpeas at no extra cost

THE BIG FAT GREEK WRAP / \$11

Roasted chick peas, roasted red peppers, spinach, cucumbers, kalamata olives, onion, feta, & house-made dill sauce wrapped in a tortilla

THE GEOGRAPHER / \$11

Avocado, spinach, cucumber, tomato, onion, sprouts, cream cheese, & italian dressing on 15 grain bread

THE SECRET CLUB / \$11

Turkey, bacon, lettuce, tomato, provolone, mayo, & mustard on sourdough bread

THE BANDITO / \$11

Chicken breast, greens, avocado, onion, salsa, cream cheese & pepper jack cheese wrapped in a tortilla

THE BUFFALO BILL / \$11

Buffalo chicken, bacon, lettuce, tomato, mayo & avocado wrapped in a tortilla

THE BAD LARRY / \$11

BBQ chicken, avocado, tomato, spinach, red onions, & cheddar cheese on sourdough bread

BUILD YOUR OWN SALAD / \$12

- Pick four veggies: tomatoes, onions, roasted red peppers, olives, sprouts, or cucumbers
- Pick a protein: turkey, chicken, bacon, roasted chickpeas, or avocado
- Pick a cheese: cheddar, pepper jack, feta, or provolone
- Pick a house-made dressing: dill sauce, Italian, or balsamic vinaigrette
- On a Bed of Spinach, Romaine, or Both

QUESADILLA \$5 OR SOURDOUGH GRILLED CHEESE \$6

Add Meat \$2 / Sub Vegan Cheese \$3

*Food allergens sometimes used as ingredients: Milk, Eggs, Tree Nuts, Wheat, Peanuts, Soy, Sesame



COFFEE

ESPRESSO / \$2.75

MACCHIATO / \$3.25

AMERICANO / \$3.25 / \$3.25 / \$4.75

CAPPUCCINO / \$4

CORTADO / \$3.75

STRONGEST POTION / \$4.25 / \$4.5 / \$6.25

Drip coffee with espresso on top.

LATTE / \$4.5 / \$5 / \$6.5

Add flavor for \$.75, Use alternative milk \$.75

COLD BREW / \$4.5 / \$5 / \$5.5

Fine ground coffee brewed over 24 hours and chilled.

BLENDED FRAPPE / \$5.25 / \$5.75 / \$6.25

Cream, house made cold brew, and the flavor of your choice blended over ice.

LOTUS NATURAL ENERGY / \$4.75 / \$5.25 / \$5.75

Plant based energy from green coffee beans and super-fruits. Like an Italian Soda.

Get it blended for an extra \$0.50.

NOT COFFEE

STEAMER / \$3 / \$3.75 / \$4.5 / \$5.25

Steamed milk with flavor like hot chocolate.

ITALIAN SODA / \$3.5 / \$4 / \$4.5

Your choice of housemade flavor in sparking soda water

HOT TEA OR YERBA MATE / \$3

See our list of teas below.

TEA LATTE / \$5.25 / \$6 / \$6.75

Tea, flavor, and steamed milk like a London Fog, mate latte, or matcha latte.

CHAI LATTE / \$4.75 / \$5.25 / \$5.75

Your choice of traditional or spicy chai w/ steamed milk.

ICED SUN TEA / \$2.5 / \$3 / \$3.5

The Tea Spot's Nilgiri Black Tea, steeped in warm sun, poured over ice.

SMOOTHIE / \$4.75 / \$5.75 / \$6.75

Raspberry, Mango, Strawberry, Blueberry-Pomegranate. Add a Banana \$.75

ADD INS

ADD ONE ESPRESSO SHOT / \$.75

ADD FLAVOR / \$.75

ALT MILK / \$.75

Soy, coconut, oat, or almond.

HOUSE-MADE SYRUPS

VANILLA	LAVENDER
HAZELNUT	BLACKBERRY
ALMOND	CHERRY
MAPLE	BLUEBERRY
MARSHMALLOW	ORANGE
TOFFEE	MANGO
RUM	RED RASPBERRY
BLACK WALNUT	PEACH
PEPPERMINT	STRAWBERRY
PUMPKIN SPICE	COCONUT

SAUCES

CARAMEL	LOCAL CO HONEY
DARK CHOCOLATE	
WHITE CHOCOLATE	

SUGAR FREE

SF VANILLA	SF MOCHA SAUCE
SF CARAMEL	SF STRAWBERRY
SF HAZELNUT	

TEA SELECTION



ORGANIC MINT

Classic refreshing peppermint tea.
Herbal & Caffeine Free

CHAMOMILE

Egyptian Chamomile, calming and soothing tea. Good hot or iced.
Herbal & Caffeine Free

LIGHTS OUT

Sleepy tea, made with organic hibiscus, organic peppermint, organic licorice root, organic lavender, organic chamomile, organic valerian root
Herbal & Caffeine Free

JASMINE PETALS

Organic green tea leaves infused with the fragrance from jasmine flowers.
Green Tea

GUNPOWDER GREEN

The leaves of this green tea are rolled into the shape of little pinhead pellets resembling gunpowder, hence its name. Tastes bold & lightly smoky.

Green Tea

EARL OF GREY

A refreshing take on the classic earl grey. Black tea, citrus rind, licorice root, mallow flowers, bergamot, citrus & vanilla flavoring.

Black Tea

BOULDER BREAKFAST

An award winning blend of strong black and pu'erh teas with chocolate essence to create a smooth, robust flavor.

Black Tea