

# MENU YOU MATTER

## BREAKFAST

[SERVED ALL DAY]

### SHOWTIME SAMMIE \$11.75

toasted sourdough | freshly scrambled eggs | crispy bacon | sliced white cheddar | tomato | avocado | onion aioli | 'everything but the bagel' seasoning  
\*try me with fried eggs!

### EGG WHITE BOWL \$12.00

bed of spinach\* | cage free egg whites | crispy bacon | cheddar\* | avocado | diced tomato | green chili aioli  
\*try me in a wrap!

### DOWNTOWN BREAKFAST WRAP \$10.50

scrambled eggs | crispy bacon | white cheddar | tomato | green chili aioli | spinach wrap  
\*suggested add-on: avocado

### FIRST CLASS WRAP \$11.00

scrambled eggs | sausage crumbles | pepper jack | tomato | roasted hashbrowns w/peppers + onions | chipotle sauce | spinach wrap  
\*suggested add-on: avocado

### BREAKFAST CROISSANT \$8.50

toasted croissant | freshly scrambled eggs | white cheddar | crispy bacon

### SUNNY SIDE SAUSAGE & EGG SAMIE \$9.50

sausage | over easy egg | gouda | onion aioli | english muffin

### BREAKFAST PLATE \$9.25

scrambled eggs | crispy bacon | sourdough toast with butter

### CLASSIC FRENCH TOAST \$8.00

caramelized sugar and cinnamon | thick white bread | powdered sugar | side of maple syrup

### AVOCADO TOAST BASIC \$7.75

thick-sliced sourdough toast | avocado | "everything but the bagel" seasoning

#### \*\* UPGRADE TO BUSINESS CLASS +2

avocado toast + feta | sprouts | lemon

#### \*\* UPGRADE TO FIRST CLASS +4

avocado toast + crispy bacon | tomato | poached egg | balsamic dressing

### PLAIN/JALEPEÑO CHEESE BAGEL \$2.50/2.75

### ENGLISH MUFFIN \$2.00

toasted. suggested add ons: cream cheese | butter | peanut butter | fruit preserves

## LUNCH

[SERVED ALL DAY]

### LUNCH CROISSANT \$12.00

toasted croissant | oven-roasted turkey | white cheddar | sprouts | cucumber | tomato | mayo  
\*Try me on a bagel!

### CLASSIC TURKEY & BACON \$13.75

oven-roasted turkey | crispy bacon | pepperjack | spring mix | sliced tomato | chipotle | sourdough bread

### GARDEN WRAP \$11.00

avocado | romaine\* | shredded carrot | tomato | sprouts | cucumber | cheddar\* | veggie spread | spinach wrap

### DOWNTOWN BLT-A \$12.00

crispy bacon | romaine\* | tomato | avocado | white cheddar | onion aioli | sourdough bread

### GREEN CHILI CHICKEN WRAP \$10.75

grilled chicken | white cheddar | tomato | romaine\* | green chili aioli | spinach wrap

### CRISPY CHICKEN STRIPS \$14.00

four chicken strips (gluten & dairy friendly) | french fries | housemade journey sauce [add two chicken strips +4]

### THE JOURNEY BURGER \$16.25

brioche bun | third pound grass-fed beef patty | white cheddar | pickle | romaine | tomato | journey sauce | served with fries

## SALADS

### THE BURGER SALAD 16.00

bed of spinach\* | third pound grass-fed beef patty | pickle | tomato | raw shredded cheddar | housemade journey sauce

### CHICKEN CAESAR SALAD \$10.50

chicken | romaine\* | parmesan | croutons | caesar dressing  
\*upgrade to crispy chicken +1

### BLT-A W/ CREAMY RANCH SALAD \$10.75

bacon | romaine\* | tomato | avocado | cucumber | cheddar | ranch

### STUFFED AVOCADO SALAD \$9.50

smashed avocado | romaine\* | shredded carrots | cheddar\* | diced tomato | diced cucumber | veggie spread | seasoning\* | raw sprouted pumpkin seeds\*

## ADD-ONS & SUBSTITUTIONS

**PRODUCE:** spinach\* | romaine\* | mixed greens\* | shredded carrot | tomato | cucumber | sprouts | avocado | sprouted pumpkin seeds

**PROTEIN:** chicken | turkey | egg whites | eggs | bacon | sausage

**CHEESE:** pepper jack | gouda | white cheddar | shredded cheddar\* | feta

**BREAD:** sourdough (vegan) | spinach wrap | GF wrap | GF bread | bagel | english muffin

**HOUSEMADE CONDIMENTS:** creamy ranch | creamy chipotle | onion aioli | veggie spread (vegan)

**CONDIMENTS:** caesar | green chili aioli | mayonnaise | veganaise | mustard | bragg's seasoning\* | 'everything but the bagel' seasoning

\*organic

# COFFEE

## ESPRESSO DRINKS

ESPRESSO (DOUBLE SHOT)

MACCHIATO

CORTADO

UNDERTOW

CAPPUCCINO

AMERICANO

LATTE

+housemade syrups:

lavender | vanilla | cocoa | brown sugar  
| organic maple |  
local honey | seasonal

## HOUSE BREW

HOUSE BREW

CAFE AU LAIT

POUR OVER

COLD BREW

FRENCH PRESS

BULLETPROOF

## OTHER DRINKS

CHAI LATTE

MATCHA LATTE  
(sweetened or unsweetened)

ORGANIC TEA by RISHI

KOMBUCHA

LEMONADE

STEAMER

CRAFT BEER



## SMOOTHIES

[plant based smoothies served all day]

### EPIC JOURNEY 9.00

peanut butter | cocoa powder | cacao powder |  
chocolate plant protein\* | maple syrup\* | almond milk

### GREEN SUN 9.00

spinach\* | banana | orange juice\* | pineapple juice\* |  
vanilla plant protein\* | greens+ | agave\*

### TROPICAL SUNRISE 9.00

mango\* | banana | pineapple juice\* | coconut milk | vanilla  
plant protein\* | agave\*

## SMOOTHIE ADD-ONS & SUBS

**MILKS:** almond | oat | organic | coconut

**PLANT PROTEINS:** chocolate\* | vanilla\*

**PRODUCE:** spinach\*

**FRUIT:** banana | mango\*

**POWDERS:** sweetened + unsweetened matcha\*

**OILS:** MCT | coconut\*

**BUTTERS:** almond | PB | grass-fed butter

**EXTRAS:** honey\* | greens+ | vital proteins collagen\*

\*ORGANIC

## SWEET TREATS

### AFFOGATO 6.50

double shot of espresso over cinnamon vanilla  
ice cream from The Good Scoop, Dixon

### ICE CREAM SCOOP 5.00

locally made ice cream from The Good Scoop - seasonal  
flavors

### COFFEE MILKSHAKE 8.00

double shot of espresso blended with cinnamon vanilla ice  
cream

\*\*dairy free vanilla available +\$1

