

## PREMIUM SALADS

### CAESAR SALAD

HALF 6.50 / FULL 8.50

Romaine, Asiago cheese, and croutons tossed in Caesar dressing.

### COBB SALAD

HALF 8 / FULL 10

Romaine, vine ripe tomatoes, red onions, carrots, cucumber, blue cheese, hard boiled eggs, croutons, turkey, and bacon. Blue cheese dressing served on the side.

### GREEK SALAD

HALF 7 / FULL 9

Romaine, Greek olives, vine ripe tomatoes, red onions, cucumbers, banana peppers, and feta cheese. Greek dressing served on the side. (May contain pits)

### HARVEST SALAD

HALF 8 / FULL 10

Spinach, walnuts, Asiago cheese, and roasted Brussels sprouts, carrots and corn. Drizzled with Leabow's Zesty Tomato Vinaigrette.

### SOUTHWEST SALAD

HALF 7 / FULL 9

Romaine, vine ripe tomatoes, red onions, cheddar cheese, sour cream, roasted corn and black bean salsa, guacamole, and tortilla chips. Cilantro lime dressing served on the side.

### SALAD SPECIAL

Check the menu board for the current offering.

#### HOME MADE DRESSINGS

Balsamic, Blue cheese, Caesar, Cilantro Lime, Greek, Honey Mustard, Ranch (Extra dressing 0.50)

#### ADD TO ANY SALAD

 Turkey, ham, egg salad, tuna salad, bacon, herb tempeh, vegan chick'n tenders: 2.00  
 Hard boiled egg: 1.50

#### TAKE HOME ANY DRESSING

8 oz 4.50 / 12 oz 6.50

## SOUPS

CUP 5 / BOWL 6.50

Two delicious, hot soups to choose from every day, with at least one vegetarian option.

### HOUSE SOUP - BLACK BEAN

Vegan, gluten free, high in protein and fiber.

#### OPTIONAL TOPPINGS

Red onion, sour cream (non-vegan), cheddar cheese (non-vegan), and cilantro lime rice (0.75)

### SOUP SPECIAL

Check the menu board for the current offering.

## PREMIUM SANDWICHES

### BETTINI PANINI 10

Mozzarella cheese, salami, pepperoni, ham, and pesto on locally sourced ciabatta bread and hot pressed.

### BLT 9.75

Your choice of bacon or veggie bacon, romaine, vine ripe tomatoes, and guacamole on wheat toast.

### CAPRESE PANINI 9.75

Mozzarella cheese, vine ripe tomatoes, fresh basil, and balsamic dressing on locally sourced ciabatta bread and hot pressed.

### THE IVAN 10

Ham, turkey, yellow mustard, dill pickles, and provolone cheese in a wheat wrap and hot pressed. Make it vegetarian by subbing vegan sliced meat for the ham and turkey.

### TOUR OF CALIFORNIA 10

Sliced turkey, romaine, vine ripe tomatoes, cucumber, guacamole, hummus, and provolone cheese. Topped with a dash of salt &amp; pepper and oil &amp; vinegar and served on multi-grain bread. Make it vegetarian by subbing vegan sliced meat.

### VEGAN TEMPEH WRAP 10

NOT ELIGIBLE FOR A TANDEM COMBO

Herb roasted organic tempeh in a wheat wrap with avocado, spinach, vine ripe tomato, red onion, pickled jalapenos, and carrots.

### SANDWICH SPECIAL

Check the menu board for the current offering.

### BUILD YOUR OWN SANDWICH 9

#### PROTEINS

Turkey, ham, pepperoni, salami, bacon, egg salad, tuna salad, herb tempeh, vegan chick'n tenders, veggie bacon, vegan sliced 'meat' (double meat 2.00)

#### BREADS

Can be toasted or hot pressed upon request. Wheat, Italian, 7 grain, whole wheat wrap, ciabatta, hoagie roll, lettuce wraps, gluten free (1.00)

#### VEGGIES (CHOOSE 4)

Romaine, spinach, vine ripe tomatoes, red onion, cucumber, jalapenos, banana peppers, Greek olives, roasted mushrooms, roasted red peppers

#### CONDIMENTS

Yellow mustard, spicy brown mustard, lite mayonnaise, hot sauce, olive oil, red wine vinegar, salt, pepper

#### PREMIUM HOME MADE SPREADS 1.00

Guacamole, hummus, salsa, pesto

#### CHEESES

Cheddar, mozzarella, provolone, Swiss, vegan sliced cheese (0.50)

#### COMPLIMENTARY SIDES

Pickle and chips or fresh cut carrots (double serving 0.50)

Substitute a premium side for 2.00:

Brussels sprouts slaw or Mac-n-cheese

Add a home made dip for 1.00: Guacamole, hummus, salsa

## BUILD A B3 COMBO

### TANDEM 10

PICK TWO OF THE FOLLOWING:

Half of any premium salad (Cobb and Harvest salad 1.00 extra)

Bowl of soup: Black Bean or Soup Special

Half of any premium sandwich (excluding Vegan Tempeh Wrap) or Build Your Own (see protein and cheese options below) on multigrain bread with romaine, tomato, onion, yellow mustard, and lite mayonnaise. Gluten free bread available (1.00)

**PROTEIN OPTIONS:** turkey, ham, tuna salad, egg salad, herb tempeh, vegan chick'n tenders, vegan sliced 'meat'

**CHEESE OPTIONS:** cheddar, mozzarella, provolone, Swiss, vegan sliced cheese (0.50)

### QUICHE COMBO 11

Full-sized individual quiche and one of the following:

Half of any premium salad

(Cobb and Harvest salad 1.00 extra)

Cup of soup: Black Bean or Soup Special

#### ADD A SIDE (1.00 EACH)

Pickle and chips or fresh cut carrots

#### ADD A PREMIUM SIDE (2.00 EACH)

Brussels sprouts slaw or Mac-n-cheese

#### ADD A HOME MADE DIP (1.00 EACH)

Guacamole, hummus, salsa

## BREAKAWAY BITES

### QUINOA BOWL 10

Spinach, vine ripe fresh tomatoes, red onions, roasted red peppers, and roasted mushrooms with your choice of cheese and protein. Balsamic vinaigrette served on the side.

**CHEESE:** Blue, cheddar, feta, mozzarella, provolone, Swiss, vegan cheese (0.50) (double cheese extra)

**PROTEIN (CHOOSE ONE):** Black beans, herb tempeh, vegan chick'n tenders, veggie sausage, veggie bacon, turkey, ham, pepperoni, salami, turkey sausage, bacon (double protein 2.00)

### FLATBREADS

Add roasted turkey or herb tempeh 2.00  
Substitute vegan cheese 0.50

### MARGHERITA 8.50

Olive oil, basil, Roma tomatoes, garlic, and mozzarella cheese.

### VEGGIE LOVER 8.50

Pesto, spinach, roasted red peppers, red onions, roasted mushrooms, and mozzarella cheese.

### ITALIAN 9

Pesto, fresh basil, mozzarella cheese, Asiago cheese, salami, pepperoni, and roasted pork.

### BACON AND BLUE CHEESE 9

Spinach, red onion, bacon or veggie bacon, mozzarella cheese, and blue cheese. Drizzled with balsamic vinaigrette.

## TAKE IT TO-GO

4 oz 2.50 / 8 oz 4.50 / 12 oz 6.50

**MAC-N-CHEESE • TUNA SALAD  
EGG SALAD • BRUSSELS SPROUTS SLAW**

## TRAINING WHEELS

KID INSPIRED MEALS

### GRILLED CHEESE 6.50

On Italian bread with your choice of cheese:  
Cheddar, mozzarella, provolone, or Swiss  
(extra charge for more than one cheese or additional toppings)

### PB & JAM 6.50

Natural peanut butter and strawberry jam on Italian bread.

### PELTON PIZZA 6.50

Full sized flatbread topped with marinara sauce, provolone and Asiago cheeses. Add pepperoni for 0.75

### VEGAN CHICK'N TENDERS 6.50

4 tenders served with your choice of dipping sauce:  
Honey mustard, ketchup, or ranch.

### COMPLIMENTARY SIDES

Pickle and chips, fresh cut carrots or a kid sized portion of fresh fruit.

## BREAKFAST

Add a cup of fresh fruit or breakfast potatoes for 2.50

### QUICHE 9.50

Eggs, fresh vegetables, assorted cheeses and meats.  
All baked together in a wheat flour, sea salt and honey crust.  
Check the menu board for the current offerings.

### SOUTHWEST WRAP 8.50

Scrambled eggs, cheddar cheese, salsa, spinach, jalapenos, and your choice of turkey sausage or veggie sausage in a wheat wrap and hot pressed.

### CLASSIC WRAP 7.50

Scrambled eggs, in wheat wrap and hot pressed with your choice of:  
**CHEESE:** Blue, cheddar, cream cheese, feta, mozzarella, provolone, Swiss, vegan cheese (0.50), (double cheese extra)  
**PROTEIN:** turkey, ham, turkey sausage, bacon, smoked salmon\* (2.00), veggie sausage, veggie bacon, herb tempeh, black beans (double protein 2.00)  
Add salsa or guacamole (1.00)

### BAGEL & LOX\* 9.50

Toasted everything bagel topped with cream cheese, tomatoes, capers, red onions, cucumber, and smoked salmon.

### BREAKFAST SCRAMBLE 9.50

Eggs scrambled with potato, spinach, red onions, vine ripe tomato, and roasted mushroom with your choice of:  
**CHEESE:** Blue, cheddar, cream cheese, feta, mozzarella, provolone, Swiss, vegan cheese (0.50), (double cheese extra)  
**PROTEIN:** turkey, ham, turkey sausage, bacon, smoked salmon\* (2.00), veggie sausage, veggie bacon, herb tempeh, black beans (double protein 2.00)  
Add salsa or guacamole (1.00)

### ECHELON OATMEAL 7.50

Oatmeal, honey, banana, walnuts, and granola.  
Add for 1.00 each: chia seeds, flax meal, natural peanut butter, strawberries.

### BOONEN BELGIAN WAFFLE 8

SERVED UNTIL 11:00 AM DAILY

A fluffy made-to-order Belgian waffle served with butter and pure maple syrup. Add for 1.00 each:  
Fruit (strawberry or banana), walnuts, whipped cream, peanut butter, and chocolate sauce.

## A LA CARTE

### EGGS 1.50

Scrambled or hard boiled

### PROTEINS 2.50/SERVING

Veggie bacon (3), Bacon (3),  
Veggie sausage (2),  
Turkey sausage (2),  
Vegan sliced "meat"

### BREADS 2

Includes butter and strawberry jam: Italian, wheat, or 7 grain, everything bagel, gluten free bread (1.00), croissant (0.50)

### FRUIT

Piece 2 • Cup 4 • Bowl 5

### BREAKFAST POTATOES

Cup 3 • Bowl 4

### SPREADS 1

Cream cheese, guacamole, hummus, peanut butter, salsa

### BAKED GOODS

Check the bakery case for home made breads, bars, cookies, and more.

## BEVERAGES

PROUDLY SERVING JITTERY JOE'S COFFEE AND ESPRESSO. EACH BATCH OF BEANS IS CUSTOM ROASTED FOR B3 CAFE AND SHIPPED DIRECTLY FROM ATHENS, GEORGIA. THEIR MICRO-ROASTED COFFEE KEEPS EACH CUP WE SERVE RICH AND SMOOTH. DECAF AVAILABLE ON ALL COFFEES. JUST ASK!

### DRIP COFFEE 2.75 / 3 / 3.25

**ICED COFFEE 3 / 3.25 / 3.50**  
HOMEMADE, COLD-BREWED AND SMOOTH

**ESPRESSO**  
Single Shot 2.50 / Double Shot 3

**AMERICANO 2.75 / 3 / 3.25**  
HOT OR OVER ICE

**CAPPUCCINO Small 3.50 / Medium 4**

**LATTE 3.50 / 4 / 4.50**  
HOT OR OVER ICE

**CHAI 3.50 / 4 / 4.50**  
HOT OR OVER ICE

**ORGANIC TEAS 2.75 / 3 / 3.25**  
(DECAF AVAILABLE) HOT OR OVER ICE

**FRESH-BREWED UNSWEETENED  
ICED TEA 2.75 / 3 / 3.25**  
ADD A FLAVOR SHOT (0.75 EA): BLUEBERRY,  
PEACH, RASPBERRY, AND SF RASPBERRY

### TEA-LEMONADE 2.75 / 3 / 3.25

### KOMBUCHA 5.50

**ITALIAN SODAS 2.75 / 3 / 3.25**  
BLUEBERRY, PEACH, RASPBERRY,  
AND SF RASPBERRY

**HOT CHOCOLATE 3.25 / 3.50 / 4**  
Homemade with Ghirardelli chocolate

**MILK 3 / 3.25 / 3.50**  
Almond, Oat, low-fat,  
whole or chocolate

**ORANGE JUICE AND LEMONADE**  
2.75 / 3 / 3.25

**COKE, DIET COKE, SPRITE**  
12 oz can 1.75

**BOYLAN GOURMET SODAS 2.75**

**SPARKLING WATER 2.75**

**BOTTLED WATER 2.25**

### SMOOTHIES 7.25

SMOOTHIE ADD-ONS FOR 1.00 EACH:  
SPINACH, STRAWBERRIES, CHIA, FLAXSEEDS,  
WHEY PROTEIN, COLD BREW COFFEE SHOT.

### IRONMAN

Natural peanut butter, banana,  
Greek yogurt, and honey.  
Made with your choice of milk:  
Almond, Oat, low-fat or whole.

### SPRINTER

Green tea, ginger, spinach, banana,  
honey, and almond milk.

### FRENCH SUMMER

Strawberry, basil, lemonade, apple,  
and honey.

### BEACH CRUISER

Strawberry, banana, and orange juice.

 **ASK TO SEE OUR CRAFT BEER  
AND BOUTIQUE WINE MENU!**