

SANDWICHES

ALL SANDWICHES AVAILABLE **COLD OR TOASTED**
ALL SANDWICHES CAN BE MADE INTO A WRAP

TURKEY BACON RANCH | \$12

oven roasted turkey, applewood smoked bacon, white cheddar cheese, avocado, tomato, butter lettuce, and ranch on a cuban hoagie
contains pork, dairy, egg, and gluten

CHIPOTLE CHICKEN | \$11

FG chicken breast, pepperjack cheese, butter lettuce, red onion, and chipotle aioli on a cuban hoagie
contains dairy, egg, and gluten

GRINDER | \$13

smoked ham, pepperoni, salami, mozzarella cheese, shredded iceberg lettuce, tomato, house italian dressing, and sun dried tomato aioli on a cuban hoagie
contains pork, dairy, egg, and gluten

PESTO CHICKEN | \$12

FG chicken breast, mozzarella cheese, house allergen-free pesto, arugula, and sundried tomato aioli on a cuban hoagie
contains pork, dairy, egg, and gluten

CAPRESE (vegetarian) | \$11

fresh house mozzarella, vine ripened tomatoes, house nut-free basil pesto, sundried tomato aioli, and arugula, on a cuban hoagie
contains dairy, egg, and gluten

SMOKED TOFU (vegan) | \$12

house smoked tofu, tomatoes, red onion, butter lettuce, avocado, microgreens, olive oil, dijon mustard, and vegan mayo on a cuban hoagie
contains soy and gluten

BUILD YOUR OWN | \$10

your choice of protein (see below) with white cheddar cheese, butter lettuce, and mayo on a cuban hoagie
contains dairy, egg, and gluten

ADD ONS:

EXTRA PROTEIN | \$2

oven roasted turkey, salami, smoked ham, FG chicken breast, or smoked tofu (vegan)

EXTRA CHEESE | \$1

white cheddar, pepperjack cheese, or mozzarella

GLUTEN-FREE OPTIONS

gluten-free bread or gluten-free tortilla wrap

SMOOTHIES

STRAWBERRY BANANA SMOOTHIE | \$8

strawberry, banana, oat milk, coconut yogurt, vanilla simple syrup
(vegan + gluten-free)

GREEN GODDESS SMOOTHIE | \$8

mango, pineapple, spinach, oat milk, apple juice, coconut yogurt, vanilla simple syrup
(vegan + gluten-free)

PBJ SMOOTHIE | \$8

peanut butter, banana, strawberry, oat milk, vanilla simple syrup, topped with house strawberry compote
(vegan + gluten-free)

BERRY BLISS | \$8

blueberry, strawberry, blackberry, oat milk, coconut yogurt, vanilla simple syrup, apple juice
(vegan + gluten-free)

BLUEBERRY MUFFIN | \$8

blueberry, banana, oats, oat milk, coconut yogurt, vanilla simple syrup, cinnamon
(vegan + gluten-free)

TROPICAL BURST | \$8

pineapple, banana, orange juice, oat milk, coconut yogurt, vanilla simple syrup
(vegan + gluten-free)

CHOCOLATE PEANUT BUTTER CUP | \$8

banana, peanut butter, house mocha syrup, coconut yogurt, cinnamon, oat milk, vanilla simple syrup
(vegan + gluten free)

ADD ONS:

PROTEIN POWDER | \$2

plant based pea protein - 23g protein

OTHER DRINKS

DRIP COFFEE | \$3

COLD BREW | \$4.50

ICED MATCHA | \$5.50

house matcha concentrate, vanilla syrup, with choice of milk

ICED CHAI LATTE | \$5.50

chai syrup with choice of milk

ICED LONDON FOG | \$5

earl grey + vanilla simple syrup with choice of milk

MILK OPTIONS

whole milk, 2% milk, or oat milk

ADD ONS:

HOUSE SYRUP | \$0.75

COLD FOAM | \$1

oat milk and house vanilla syrup