



the nook

espresso bar

## HANDHELDS

### THE HEART STOPPER 8

Bacon, egg, cheddar, tomato, green onion, pepper + mayo

### EVERYTHING EVERYTHING 8

Hummus, tomato, pickle, sprouts, cucumber, mixed greens + avocado

### WAKE ME UP WRAP 7

Egg, cheddar, salsa, avocado, black beans, corn + sour cream

### BAGEL 2.5

Butter

Vegan butter (Earth Balance)

### BAGEL W/ SPREAD 3.5

Cream cheese, peanut butter, jam, hummus or vegan cream cheese

## NACHOS

Corn chips, cheese, veggies with sriracha infused oil + our house blend of spices

### PERSONAL 9

### REGULAR 12

PERSONAL W/ DAIYA 10

REGULAR W/ DAIYA 14

### ADD TO ANY ITEM

MARKET SOUP OR SALAD 5

CHICKEN OR TURKEY 3.5

TOFU 3

COCONUT BACON 2

AVOCADO 2

GLUTEN FREE BREAD 2

BACON 2

CHEDDAR CHEESE 1

VEGAN FRIENDLY

## STANDOUTS

SERVED WITH FRESH VEGGIE STICKS

### NOT YOUR MAMA'S CLUB 10

Turkey, bacon, mixed greens, tomato, cheddar + mayo on choice of bread

### CHICKEN SEES A SALAD WRAP 10

Chicken, bacon, romaine, croutons, red onion + house caesar dressing

### VEGAN AMBITION WRAP 9

Tofu, coconut bacon, sprouts, red onion, mixed greens, tomato + vegan mayo

### BANDITO BURRITO 9

Rice, black beans, corn, salsa, Daiya, avocado, green onion + cashew cream

## BOWLS

ENJOY AS IS OR CHOOSE AN ADD ON

### BURRO BOWL 12

Rice, cabbage slaw, black beans, corn, roasted veggies, avocado, cashew cream + sriracha infused oil

### PEACEFUL PEANUT BOWL 12

Rice, chickpeas in peanut sauce, red pepper, cucumber, carrot, green onion, sprouts, sunflower + pumpkin seeds

### PASTA POT OF GOLD

Macaroni cooked in a dairy cheese sauce or vegan cheese sauce + topped with breadcrumbs.

### REGULAR 9

VEGAN 10

### ET TU BRUTE 12

Romaine, coconut bacon, red onion, croutons, hemp hearts with our house vegan caesar dressing

### MARKET SALAD 7

Mixed greens, fresh veggies tossed in an olive balsamic dressing

### MARKET SOUP 8

Always vegan and always delicious! Served with a choice of bread

\*Please Note not all ingredients are listed. Please discuss food sensitivities with our staff.\*