

# Lightwell

## Inspired items 7 am – 12 noon (Monday to Friday)

### Bakery (grab & go)

Breakfast Bread, Muffin, Danish, Croissant or Bagel	\$ 3
Greek Yogurt Parfait with granola & fresh berries	\$ 7
Seasonal Berries	\$ 5
Cut Fruit	\$ 5
Whole Fruit	\$ 2

### From the Kitchen

<b>Breakfast Biscuit *</b>	\$ 6
<i>Bacon, egg, cheese biscuit</i>	
<b>Egg-white Vegetable Frittata Sandwich *</b>	\$ 7
<i>butternut squash, avocado, sun dried tomato, toasted English muffin</i>	
<b>PB&amp;J Toast</b>	\$ 8
<i>organic peanut butter, Emily G's triple berry jam, fresh blackberries, local honey</i>	
<b>Avocado and Tomato Toast</b>	\$ 9
<i>smashed avocado, sliced tomato, everything bagel seasoning, country French bread</i>	
<b>Smoked Salmon Toast *</b>	\$ 8
<i>mascarpone, pickled onions, capers, hard cooked egg</i>	
<b>Mozzarella Flat Bread</b>	\$ 12
<i>fresh mozzarella, tomato sauce</i>	
<b>Buffalo Chicken Flat Bread *</b>	\$ 14
<i>shredded mozzarella, smoked blue cheese crumbles, chopped chicken tenders, spicy buffalo sauce, green onions</i>	
<b>Hawaiian Flat Bread *</b>	\$ 14
<i>marinara sauce, diced pineapple, applewood smoked bacon, country ham, parmesan and jarlsberg cheese</i>	
<b>Classic Caesar Salad</b>	\$ 9
<i>romaine hearts, shaved parmesan, garlic croutons, classic caesar dressing</i>	
<i>add grilled chicken*</i>	\$ 5

### Coffee & Tea & Etc.

Batdorf & Bronson (regular or decaf)	\$ 2/2.5
Espresso	\$ 3
Macchiato	\$ 3.5/4
Americano	\$ 3/3.5
Cappuccino or Latte	\$ 3.5/4
Mocha	\$ 4/4.5
Add a Shot of Espresso	\$ 1.5
Numi Organic Tea	\$ 5
Earl Grey, Chocolate Pu-erh, Orange Spice, Gunpowder Green, Chamomile, Lemon Rooibos	
Natalie's Cold-pressed Juices	\$ 5/6
Orange Juice	\$ 5

*\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.*