

SALADS

CAESAR SALAD

HALF 7.50 / FULL 10
Romaine, Asiago cheese, and croutons tossed in Caesar dressing.

COBB SALAD

HALF 9.50 / FULL 11.50
Romaine, vine ripe tomatoes, red onions, carrots, cucumber, blue cheese, hard boiled egg, croutons, turkey, and bacon. Blue cheese dressing served on the side.

GREEK SALAD

HALF 8 / FULL 10.50
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 9.50 / FULL 11.50
Spinach, walnuts, Asiago cheese, and roasted Brussels sprouts, carrots and corn. Drizzled with Leabow's Zesty Tomato Vinaigrette.

SOUTHWEST SALAD

HALF 9.50 / FULL 11.50
Romaine, vine ripe tomatoes, red onions, cilantro lime rice, cheddar cheese, sour cream, roasted corn and black bean salsa, guacamole, and tortilla chips. Cilantro lime dressing served on the side.

SEASONAL SALAD

Check the menu board for the current offering.

HOME MADE DRESSINGS

Balsamic, Blue cheese, Caesar, Cilantro Lime, Greek, Honey Mustard, Ranch (Extra dressing 0.65)

ADD TO ANY SALAD

Turkey, ham, egg salad, tuna salad, bacon, herb tempeh, vegan chick'n tenders: 2.50
Hard boiled egg: 1.50

TAKE HOME ANY DRESSING

8 oz 6.00 / 12 oz 9.00

SOUPS

CUP 5.75 / BOWL 7.35

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)

SEASONAL SOUP

Check the menu board for the current offering.

SANDWICHES

BETTINI PANINI 11.50

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

BLT 11.25

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

CAPRESE PANINI 11.25

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

THE IVAN 11.50

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

TOUR OF CALIFORNIA 11.50

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

VEGAN TEMPEH WRAP 11.50

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.

SEASONAL SANDWICH

Check the menu board for the current offering.

BUILD YOUR OWN SANDWICH 11.25

PROTEINS

Turkey, ham, pepperoni, salami, bacon, egg salad, tuna salad, herb tempeh, vegan chick'n tenders, veggie bacon, vegan sliced 'meat' (double meat 2.50)

BREADS

Can be toasted or hot pressed upon request.
Wheat, Italian, 7 grain, whole wheat wrap, ciabatta, hoagie roll, bed of greens, croissant (1.50), gluten free (1.00)

VEGGIES (CHOOSE 4)

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

CONDIMENTS

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

PREMIUM HOME MADE SPREADS 1.50

Guacamole, hummus, salsa, pesto

CHEESES

Cheddar, mozzarella, Swiss, feta, vegan sliced cheese (0.75)

COMPLIMENTARY SIDES

Pickle and chips or fresh cut carrots (double serving 0.75)

Substitute a premium side for 2.50:

Brussels sprouts slaw or Mac-n-cheese

Add a home made dip for 1.50: Guacamole, hummus, salsa

BUILD A B3 COMBO

TANDEM 11.50

PICK TWO OF THE FOLLOWING:

Half of any salad
(Cobb, Harvest, and Southwest salad 1.00 extra)

Bowl of soup
Black Bean or Seasonal Soup

Half of any sandwich
(excluding Vegan Tempeh Wrap)

or

Build Your Own

(See Build Your Own Sandwich options above in Sandwich section)

QUICHE COMBO 12.50

Full-sized individual quiche and one of the following:

Half of any salad
(Cobb, Harvest, and Southwest salad 1.00 extra)

Cup of soup
Black Bean or Seasonal Soup

ADD A SIDE (1.50 EACH)

Pickle and chips or fresh cut carrots

ADD A PREMIUM SIDE (2.50 EACH)

Brussels sprouts slaw or Mac-n-cheese

ADD A HOME MADE DIP (1.50 EACH)

Guacamole, hummus, salsa

BREAKAWAY BITES

QUINOA BOWL 11.50

Spinach, vine ripe 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, Swiss, vegan cheese (0.75) (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 2.50)

FLATBREADS

Add roasted turkey or herb tempeh 2.50
Substitute vegan cheese 0.75

MARGHERITA 10

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

VEGGIE LOVER 10

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

ITALIAN 10.50

Pesto, mozzarella cheese, Asiago cheese, salami, pepperoni, and ham.

BACON AND BLUE CHEESE 10.50

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

TAKE IT TO-GO

4 oz 3.00 / 8 oz 6.50 / 12 oz 9.75

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

TRAINING WHEELS

KID INSPIRED MEALS - INCLUDES SMALL DRINK & SIDE

GRILLED CHEESE 8

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

PB & JAM 8

Natural peanut butter and strawberry jam on Italian bread.

PELTON PIZZA 8

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

VEGAN CHICK'N TENDERS 8

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

SIDES

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

DRINKS

Milk, Orange Juice or Lemonade

BREAKFAST

Add a cup of fresh fruit or breakfast potatoes for 3.00

QUICHE 11

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 10

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 9

Scrambled eggs, in wheat wrap and hot pressed with your choice of:

CHEESE: Blue, cheddar, cream cheese, feta, mozzarella, Swiss, vegan cheese (0.75), (double cheese extra)

PROTEIN: turkey, ham, turkey sausage, bacon, smoked salmon* (3.00), veggie sausage, veggie bacon, herb tempeh, black beans (double protein 2.50)
Add veggies (1.00): spinach, vine ripe tomato, red onions, roasted mushrooms, roasted red peppers
Add salsa or guacamole (1.50)

BAGEL & LOX* 12.50

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

BREAKFAST SCRAMBLE 11

Eggs scrambled with potato, spinach, red onions, vine ripe tomato, and roasted mushroom with your choice of:

CHEESE: Blue, cheddar, cream cheese, feta, mozzarella, Swiss, vegan cheese (0.75), (double cheese extra)

PROTEIN: turkey, ham, turkey sausage, bacon, smoked salmon* (3.00), veggie sausage, veggie bacon, herb tempeh, black beans (double protein 2.50)
Add salsa or guacamole (1.50)

ECHELON OATMEAL 9

Oatmeal, honey, banana, walnuts, and granola.
Add for 1.50 each: chia seeds, flax meal, natural peanut butter, strawberries.

BOONEN BELGIAN WAFFLE 9.50

SERVED UNTIL 11:00 AM DAILY

A fluffy made-to-order Belgian waffle served with butter and pure maple syrup. Add for 1.50 each: Fruit (strawberry or banana), walnuts, whipped cream, peanut butter, and chocolate sauce.

A LA CARTE

EGGS 1.50

Scrambled or hard boiled

PROTEINS 3.50/SERVING

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

BREADS 3

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

FRUIT

Piece 2 • Cup 4.50 • Bowl 6.50

BREAKFAST POTATOES

Cup 4 • Bowl 6

SPREADS 1.50

Cream cheese, guacamole, hummus, peanut butter, salsa

BAKED GOODS

Check the counter bakery display 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 2.90 / 3.10 / 3.40

ICED COLD BREW COFFEE 3.15 / 3.40 / 3.65
HOMEMADE AND SMOOTH

ESPRESSO

Single Shot 2.65 / Double Shot 3.15

AMERICANO 2.90 / 3.10 / 3.40

HOT OR OVER ICE

CAPPUCCINO Small 3.65 / Medium 4.15

LATTE 3.65 / 4.15 / 4.65

HOT OR OVER ICE

CHAI 3.65 / 4.15 / 4.65

HOT OR OVER ICE

PIPER & LEAF ARTISAN TEAS 3 / 3.50 / 3.75
(DECAF AVAILABLE) HOT OR OVER ICE

FRESH-BREWED UNSWEETENED

ICED TEA 2.90 / 3.15 / 3.40

ADD A FLAVOR SHOT (0.75 EA): BLUEBERRY, PEACH, RASPBERRY, AND SF RASPBERRY

TEA-LEMONADE 2.90 / 3.15 / 3.40

KOMBUCHA 5.50

ITALIAN SODAS 2.90 / 3.15 / 3.40

BLUEBERRY, PEACH, RASPBERRY,
AND SF RASPBERRY

HOT CHOCOLATE 3.40 / 3.65 / 4.15

Homemade with Ghirardelli chocolate

MILK 3.15 / 3.40 / 3.65

Almond, Oat, low-fat,
whole or chocolate

ORANGE JUICE AND LEMONADE

2.90 / 3.15 / 3.40

COKE, DIET COKE, SPRITE

12 oz can 1.90

BOYLAN GOURMET SODAS 2.90

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 SPECIALTY COFFEE AND TEA, CRAFT BEER, AND BOUTIQUE WINE MENUS!**