

Breakfast Menu

(Served Daily From 7am - 9pm)

Bagels 1.50
- Plain, everything, whole wheat, cinnamon raisin - served with plain or veggie cream cheese, butter, or peanut butter.
(add Vegan Cream Cheese and Vegan Butter +.50)

Eggs and Egg Sammies 4.00
- 2 Eggs any style w/ toast or as a sandwich!
(on a croissant +1.50, on a bagel +1.00)
- Egg and Cheese (Jack or Cheddar) 4.50
- Add Meat (Turkey Sausage, Bacon, Turkey Bacon) 5.50

Omelette 6.25
- 3 egg omelette with your choice of cheese, breakfast meat, and veggies (onion, tomato, roasted red pepper, spinach) served with toast

Big Breakfast Burrito 5.95
- Scrambled eggs, black beans, sausage, salsa, sour cream, and cheddar cheese
Veganize - Substitute tofu, seitan, vegan sour cream and cheese +1.00

Breakfast Sliders 5.50
- Eggs, turkey sausage, jack cheese, and chipotle sour cream served on 3 toasted buns.

Challah French Toast (Served til' 11 am) 5.95
- Challah dipped in egg with cinnamon, grilled and served with maple syrup and butter.

Savory French Toast (Served til' 11 am) 6.25
- Challah dipped in egg and parmesan cheese, grilled, then topped with fresh spinach and caramelized onions

Vegan French Toast (Served til' 11 am) 6.25
- Multigrain bread dipped in fresh bananas with soy milk and cinnamon, grilled, and served with maple syrup and vegan butter.

Tofu Scramble 4.50
- Tofu seasoned with nutritional yeast, curry, a dash of hot sauce, salt and pepper, and served with your choice of toast.
(add cheese +.75, add vegan cheese +1.00)

Breakfast Sides:

- Side of Bacon, Turkey Sausage or Turkey Bacon 1.50
- Home Fries 1.75
- Vegan Scrapple (Best in Philly!) 3.50
- Oatmeal or Granola w/ Milk 4.00
(add raisins and cranberries +.50)

Lunch Menu

(Served Daily From 11am - 9pm)

Lighter Fare:
- Chips and Salsa -- Warm homemade tortilla chips served with salsa. 4.99
- Queso Dip Trio -- Three homemade dips (black bean, cheese, avocado) served w/ tortilla chips 6.99
- Cheese Board -- Premium artisan cheeses served with fresh fruit and bread 7.99

Sammies and Wraps:

Turkey Avocado Sammie 6.95
- Our own oven roasted turkey, lettuce, tomato, avocado and mayo. Cheese by request.
(add bacon +1.25)

Seitan Cheesesteak Wrap 6.95
- Grilled seitan with fried onions, mushrooms, and vegan cheese in a whole wheat wrap.

Chipotle Turkey Sliders 6.95
- Ground turkey with chipotle peppers, served with jack cheese and a spicy chipotle mayo.

Chicken or Tuna Salad Sammie 5.75
- Our homemade recipe mixed with mayo, scallions and celery with lettuce and tomato on your choice of bread. ****Make it a melt for 6.50!**

Veggie Burger 5.25
- Served on a kaiser roll with lettuce, tomato, red onion and vegan thousand island dressing. (Add cheese +0.75, add vegan cheese +1.00)

The MilkBoy BLT 4.50
- Bacon, lettuce, tomato with our special mayo on your choice of bread. ***Add Avocado for 5.50!**
Veganize - Substitute seitan and vegan mayo +1.00

Hummus Wrap 4.95
- Our homemade hummus, roasted red peppers, lettuce, tomato and cucumber in a whole wheat wrap. ****Make it a platter w/ pita and veggies for 5.95!**

Grilled Cheese Sammie 4.95
- Melty, cheesy goodness! (add tomato +.50, add bacon +1.25)

Flatbread Paninis:

6.95
- Chicken -- Roasted chicken, spinach, roasted red pepper. (add cheese +.75)
- Riggs Buffalo -- Roasted chicken, hot sauce, jack cheese and ranch dressing.
- Veggie -- Roasted zucchini, squash, red pepper, red onion and goat cheese.
- Turkey -- Oven roasted turkey, jack cheese, jalapeno peppers and chipotle mayo.

Fresh Salads: (add chix or tuna salad, hummus or grilled chicken for 2.00) 5.95

- Garden salad -- Carrots, cucumbers, celery and cherry tomatoes on romaine w/ a house vinaigrette.
- Caesar salad -- Cherry tomatoes, parmesan and homemade croutons atop romaine lettuce.
- Greek Salad -- Beets, tomato, red onion, radish, feta and romaine tossed in our greek vinaigrette.
- Spinach Salad -- Roasted red pepper, tomato, red onion and goat cheese atop fresh spinach.
- Citrus Chicken Salad -- Grilled chicken, fresh oranges, cherry tomatoes, red onion and black sesame seeds atop romaine lettuce tossed in our citrus vinaigrette. 7.95

Soup du Jour: Our homemade soups are sometimes vegetarian but always delicious! 3.95/4.95