



## Breakfast

<b>Tela's Breakfast</b> .....	9
two free range eggs, bacon, crispy potatoes, toast	
<b>Egg Sandwich</b> .....	5
free range egg, bacon, cheddar	
<b>Bagels</b> .....	2
spread, butter, or jelly	
<b>Irish Oatmeal</b> .....	4.25
dried fruits and brown sugar	
<b>Breakfast Burrito</b> .....	6.75
fried egg, chorizo, potato hash	
<b>Corn Grits</b> .....	6.75
fried egg, braised kale, bacon	
<b>Tela's House-Made Granola</b> .....	4.95
organic yogurt, berries	
<b>Toast and Jam</b> .....	3.75
house made brioche, cultured butter and preserves	
<b>Roasted Vegetable Omelette</b> .....	6.75
goat cheese, field greens	
<b>Buttermilk Pancakes</b> .....	7.5
apple chutney, maple syrup individual 4	

## Sophie's Corner

<b>Noo-noos and Cheese</b> .....	2.5
<b>PB and J</b> .....	3.5
<b>Grilled Cheese</b> .....	2.5
<b>Fruit Bowl</b> .....	3
<b>Crispy Organic Chicken Fingers</b> .....	3.5

## Lunch

### SANDWICHES

<b>Reuben</b> .....	8.95
house smoked pastrami, kraut, russian dressing	
<b>The Matteo</b> .....	8.95
claudio's salumi, provolone, long hots	
<b>Meatball Parm</b> .....	7.5
house ground meatballs, slow cooked tomato sauce, parmesan	
<b>Roasted Vegetable</b> .....	6.95
red pepper hummus and fresh goat cheese	
<b>Turkey Club</b> .....	8
roasted turkey, avocado, bacon and creamy mustard	
<b>Roasted Chicken Wrap</b> .....	6.95
green goddess, walnuts, pickled grapes	
<b>Country Ham</b> .....	7.5
cheddar, sweet onion	
<b>Short Rib</b> .....	8.95
bacon onion jam, blue cheese, horseradish mayo	
<b>Buttermilk Fried Chicken</b> .....	7
coleslaw, hot sauce, honey butter	

### SALADS

<b>Caesar</b> .....	6.95
crisp romaine, black pepper, garlic croutons	
<b>Baby Spinach</b> .....	7.5
walnut honey vinaigrette, red onion, crumbled blue	
<b>Garden Green</b> .....	8
avocado, free range egg, artichoke	
<b>Baby Kale</b> .....	7.25
wheat berries, raisins, lemon vinaigrette	
<b>Cobb</b> .....	9.95
crispy bacon, fresh apple, roasted turkey	
<b>Farmer's Salad</b> .....	8.5
confit artichokes, roasted vegetables, parmesan	

\*Add Chicken \$3.00

\*Add Turkey \$3.50

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