



Hours of Operation 7am – 3pm Monday – Friday

Kardia Kakes Plain - \$3.99 Choice of flavor - \$0.59 each

Kardia Kake Platter Two eggs* any style, choice of chicken bacon or turkey sausage & two pancakes - \$5.99

Oatmeal & Yogurt Bar- \$2.49 Steel cut oats or Greek yogurt – Toppings - \$0 .59 each

Create your own Omelet - \$5.99 Craft your own omelet with our variety of fresh seasonal ingredients

Avocado Toast - \$5.99 Craft your specialty avocado toast with a selection of our fresh seasonal toppings

Choice of grilled chicken, falafel or grilled steak

Add grilled or smoked salmon* for \$2.00 upcharge

Breakfast Hash Burrito - \$5.99 Grilled chicken, red bell pepper, onions, roasted potatoes, mushrooms, spinach, feta cheese & scrambled eggs* in a whole wheat wrap or bowl

Breakfast Plate - \$5.99 Two eggs* any style, breakfast potatoes, chicken bacon or turkey sausage & wheat toast

A la Carte

Two eggs* any style - \$2.78 Crispy Chicken Bacon - \$1.09

Turkey Sausage - \$1.29 Vegetarian Sausage - \$2.49

Wheat Toast - \$1.19 Breakfast Potatoes - \$1.99

Chicken & Orzo Soup - \$3.99 Grilled chicken, orzo pasta, spinach, feta cheese, egg & lemon

Soup of the day – \$4.99 ask cashier for today’s selection

Gyro - \$6.99 Your choice of grilled chicken, pan seared falafel or grilled steak with lettuce, tomato, cucumbers and tzatziki sauce Substitute grilled salmon* for \$2.00 upcharge

Caprese BLT Sandwich - \$6.99 Crispy chicken bacon, fresh mozzarella, heirloom tomatoes, arugula and pesto on toasted wheat bread

Kefta Kardia Burger - \$7.99 Lamb & beef burger, lettuce, tomato, cheddar cheese, chicken bacon, pickled onion & Ancho Crema on ciabatta

Chicken Salad - \$6.99 Greek yogurt grilled chicken salad with almonds, fresh cucumbers and tomatoes on a bed of mixed greens or in a grilled whole wheat tortilla

Blossom Salad - \$5.99 – Fresh mixed greens, Mandarin oranges, sweet dried pineapple, toasted coconut, butter toffee peanuts, goat cheese & Jonas dressing

Kale Caesar Salad - \$4.99 Tender kale tossed with house made Caesar dressing, shaved Parmesan cheese and croutons

House Salad - \$5.99 Romaine lettuce, cucumbers, Kalamata Olives, feta Cheese, roasted tomatoes & red onions served with House Mediterranean Vinaigrette

Add grilled chicken, falafel or grilled steak - \$2.99

Add grilled salmon* - \$3.99

Craft Your Own Salad or Grain Bowl - \$8.99

Choose from our selection of fresh made spreads, salads, toppings, sauces and dressings with choice of grilled chicken, falafel or grilled steak

Add grilled salmon* for \$2.00 upcharge

Oven Fired Flatbreads - \$7.99

Ask cashier for today’s selection

MIX IT UP COMBO - \$6.99

½ Gyro & Soup Combo

½ Gyro & Salad Combo

½ Salad & Soup Combo

Kardia Veggie Wrap - \$6.99 Pan seared falafel, hummus, romaine lettuce, tomatoes, Kalamata olives, artichoke hearts, banana peppers, lemon tahini dressing served in a spinach wrap

Meze Plate - \$3.99 Your choice of two sides with pita

Add choice of protein - \$3.00 additional charge

Add grilled salmon* for \$4.00 upcharge

**** All menu items served all day ****

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

*Items may contain raw or undercooked ingredients