

#### - COFFEE & ESPRESSO -

BREWED COFFEE CAFE AU LAIT

CLASSIC ESPRESSO

ESPRESSO • AMERICANO • MACCHIATO

CORTADO • FLAT WHITE

LATTE

CAPPUCCINO

MOCHA

WHITE MOCHA

DRAFT COLD BREW

DRAFT NITRO COLD BREW

#### - TEA & MORE -

HOT TEA • ICED TEA • (ASK FOR SELECTION)

SPORTEATM

TEA LATTE

CHAI • MATCHA • LONDON FOG

STEAMER

HOT CHOCOLATE

#### SYRUP LIST

Vanilla, Hazelnut, Caramel, Lavender, Frosted Mint, Blackberry, Strawberry, Raspberry, Pistachio, Pear, SF Vanilla, SF Hazelnut, SF Caramel, SF Raspberry, SF White Chocolate

#### NON-DAIRY MILK ALTERNATIVES

Almond • Oat • Soy









#### - SEASONAL -





# SPICY MAPLE LATTE

Troubadour Spicy Maple Syrup, Espresso Toro, milk



# CHAI PEAR SPRITZ

Pear syrup, Rishi Masala Chai, sparkling water

NEW V

# Y PUMPKIN SPICE FLUFF LATTE

Troubadour Pumpkin Spice Fluff, Espresso Toro, milk

### V APPLE CIDER

Local Apple Barn cider, Rishi Mulling Spices

#### - BLENDED -

# NEW DF POWER COLD BREW CHOCO BANANA

Bananas, cold brew, oat milk, cocoa powder, pea protein, collagen, and cinnamon

# POWER AÇAI SMOOTHIE Açai, pea protein, blueberry, strawberry, banana, yogurt, oat milk

# DF & POWER SUPER GREEN SMOOTHIE

Avocado, kale, honeydew, apple, pineapple, hemp seed, oat milk

### \* BERRY BOOSTER SMOOTHIE

Strawberry, blueberry, banana, cran-grape juice, yogurt

# \* MANGO PEACH GINGER SMOOTHIE

Mango, peach, ginger, pineapple juice, yogurt

# \* SWEET CREME FRAPPES

Dark Chocolate, White Chocolate, Caramel, Coffee, Matcha

### \* MOCHA SHAKE

Cold brew concentrate, vanilla ice cream, chocolate sauce, ground espresso beans

# **COLD BREW SHAKE**

Cold brew concentrate, vanilla ice cream, ground espresso beans



# SMOKED VANILLA MOCHA

Smoked salt, vanilla, mocha sauce, espresso, milk

# CARDAMOM HONEY LATTE

Housemade cardamom honey syrup, espresso, milk

# PISTACHIO MATCHA LATTE

Matcha, pistachio syrup, white chocolate, milk

# SALTED CARAMEL LATTE

Smoked salt, caramel syrup, espresso, milk

# v COLD BREW OAT-CHATA

Oat milk, cinnamon, vanilla syrup, cold brew

# v WINDY CI-TEA

Earl grey tea, lavender syrup, oat milk

# v SPORTEATM LIFTER

SporteaTM & your choice of lemonade, apple, pineapple, or cran-grape juice

- TODAY'S COFFEE -





#### - BREAKFAST BOWLS & TOASTS -

# NEW BRUSSELS & BACON AVOCADO TOAST

Avocado, roasted brussels sprouts, goat cheese, Troubadour Spicy Maple Syrup, Troubadour Country Sourdough

# DF CLASSIC AVOCADO TOAST

Avocado mash, red pepper, salt, Troubadour Multigrain or Country Sourdough

#### DF & BAJA BOWL

Eggs, chipotle rice, black beans, pico de gallo, avocado mash, homemade salsa

# APPLE CRANBERRY BAKED OATMEAL

Served with milk or yogurt

### DF' CLASSIC OATMEAL

With dried blueberries & cranberries, toasted nuts, seeds, oat milk

#### - BREAKFAST SANDWICHES -

# NEW SUNSHINE MAPLE SAUSAGE SANDWICH

Pork sausage, egg fritata, cheddar cheese, Troubadour Maple Sunshine Bun

### NEW' EGG & GOAT CHEESE CROISSANT

Egg frittata, goat cheese, spinach, chimichurri, Troubadour Croissant Bun

# BACON EGG & CHEESE CROISSANT

Bacon, egg frittata, cheddar, Troubadour Croissant Bun

# SAUSAGE EGG & CHEESE ENGLISH MUFFIN

Sausage, fried egg, cheddar, Troubadour English Muffin

# BACON EGG & CHEESE ENGLISH MUFFIN

Bacon, egg frittata, smoked cheddar, Troubadour English Muffin

# \* EGG & CHEESE ENGLISH MUFFIN

Egg frittata, smoked cheddar, spinach, chimichurri, Troubadour English Muffin

### V IMPOSSIBLETM JUST EGG BAGEL

IMPOSSIBLE<sup>TM</sup> sausage, JUST Egg, avocado mash, tomato, spinach, vegan provolone, Troubadour Bagel











# - BURRITOS -

# NEW CO-OPTIVA PORK LUNCH BURRITO

Coffee-braised pork, pinto and black beans, pepper jack cheese, chipotle rice, cilantro, jalapeño | served with salsa and avocado mash

### FAMOUS CHORIZO

Egg, smoked chorizo, poblano pepper, pepper jack, refried beans

### POTATO BACON

Egg, bacon, roasted potatoes, cheddar

# \* SOUTHWESTERN

Egg, vegetarian sausage, smoked cheddar, red pepper, jalapeño, onion, tortilla strips

# **\* VEGGIE PESTO**

Egg, provolone, roasted potatoes, broccoli, pesto

- Served with homemade Troubadour Salsa -

#### - SANDWICHES -

### CHICKEN BACON AVOCADO MELT

Chicken, bacon, swiss, cheddar, tomato, citrus avocado sauce, Troubadour French Roll

## TURKEY CLUB

Sliced turkey, bacon, swiss, lettuce, tomato, pesto mayo

#### AVOCADO BLT

Avocado, bacon, lettuce, tomato, pesto mayo

# DF CHIPOTLE CHICKEN

Roasted chicken, slaw, pickles, chipotle mayo

# v GARDEN GODDESS

Garlic hummus, lettuce, tomato, cucumber, slaw, Green Goddess spread, on Troubadour Country Sourdough

# \* KID'S CHEESE MELT

Cheddar cheese, Troubadour Country Sourdough

- Choice of Troubadour Multigrain or Country Sourdough & served with chips -