



BREAKFAST MENU 8

Which Came First	\$6.50
Two all natural fried eggs, muenster, 'tender belly' bacon, on ciabatta	
The Canales	\$6.50
Two all natural fried eggs, pork sausage, green chili, muenster, avocado, 'mm local' peppers, on ciabatta	
Phinney Benny	\$6.50
Two all natural fried eggs, spinach, parmeggiano grana, house roasted tomatoes, garlic aioli, on focaccia	
Rooster's Reuben	\$6.50
Two all natural fried eggs, corned beef, french emmental, on ciabatta	
Green Eggs & Ham	\$6.50
Two all natural fried eggs, 'tender belly' ham, basil pesto, 'dish' mozz, on ciabatta	
Sunny Side	\$6.50
Two all natural fried eggs, cream cheese, avocado, roasted red peppers, on focaccia	
Sole Sister	\$6.50
Two all natural fried eggs, house cured norwegian salmon, cream cheese, red onion, tomatoes, capers, on a bagel	
Noosa Yoghurt Parfait	\$5.95
'Noosa' honey yoghurt, house made granola, seasonal fruit	

BOXED LUNCH 1

Boxed Lunch	\$12.95
Minimum of 10, 2 hours advance notice delivery available. Choice of any sandwich or salad cookie, chips, pickle and a can of izee sparkling juice	

KIDS MENU 2

Eat Every Sandwich and Be Crowned Sandwich King
Ask for details
Be the of the Party with an Antipasti Platter

SANDWICHES 19

Thanksgiving (Hot)	\$8.95
'Diestel' natural turkey, cranberry, stuffing, gravy, on ciabatta	

Gobbler	\$9.95
'Diestel' natural turkey, avocado, muenster, tomato, lettuce, 'tender belly' bacon, pesto mayo, on ciabatta	
Chatham (Hot or Cold)	\$8.95
'Diestel' natural turkey, french emmental, coleslaw, russian, on pumpernickel	
Mapleton	\$9.50
House roasted 'colorado's best' all natural beef, white cheddar, red onions, bibb lettuce, tomato, horseradish mayo, on ciabatta	
Boulder Bbq Brisket (Hot)	\$8.95
Slow cooked beef brisket, caramelized onions, white cheddar, coleslaw, on ciabatta	
Whittier	\$10.95
Speck, pate, brie, honey mustard, red onions, 'dish' apple chutney, field greens, on a baguette	
Italian	\$10.25
Sopressata, calabrese, genoa, 'dish' made fresh mozz, house roasted tomatoes, field greens, balsamic/kalamata olive spread, on a baguette	
East End	\$10.25
'La quercia' prosciutto, parmeiggiano grana, spinach, on a buttered baguette	
Piglet	\$8.95
'Tender belly' ham, french emmental, bibb lettuce, tomato, honey mustard, mayo, on ciabatta	
Blat	\$7.95
'Tender belly' bacon, tomatoes, bibb lettuce, mayo, avocado, on focaccia	
Flipper Friendly	\$8.95
Albacore tuna salad, white cheddar, bibb lettuce, tomato, on pumpernickel	
Kenai	\$9.95
House cured wild norwegian salmon, dill cream cheese, red onions, tomatoes, capers, field greens, on a baguette	
Whitefish Salad	\$8.95
Smoked whitefish, cream cheese, red onions, tomatoes, bibb lettuce, on pumpernickel	
Cuban (Hot)	\$8.95
'Tender belly' ham & pork shoulder, french emmental, pickles, mayo, mustard, on focaccia	
The Chook (Hot)	\$8.95
Grilled chicken breast, 'dish' mozz, rosemary/roasted garlic aioli, 'dish' tomato spread, on focaccia	
Scuba Steve (Hot)	\$9.95
Blackened mahi, slaw, avocado, tomato, lemon tarter, on gluten free bread	
New Yorker (Hot)	\$8.95
Pastrami, french emmental, coleslaw, mustard, on pumpernickel	
Reuben (Hot)	\$8.95
Corned beef, coleslaw, french emmental, russian dressing, on pumpernickel	

Chicken Salad	\$8.95
All natural tarragon chicken salad, lettuce, tomato, 'tender belly' bacon, on ciabatta	

VEGETARIAN SANDWICHES 5

Egg Salad	\$8.95
Farm fresh eggs, muenster cheese, avocado, lettuce, tomato, on pumpernickel	
Dish Caprese	\$8.95
'Dish' made mozz, house roasted tomatoes, field greens, basil pesto, balsamic vinaigrette, on ciabatta	
Halfacre (Hot or Cold)	\$8.95
Grilled 'hazel dell' mushrooms & asparagus, house roasted tomatoes, field greens, blue cheese spread, on focaccia	
Tuscan	\$8.95
White bean spread, avocado, cucumbers, lettuce, tomatoes, gruyere, on ciabatta	
Aubergine (Hot)	\$8.95
Marinated eggplant, artichoke spread, house roasted tomatoes, 'dish' mozz, field greens, on focaccia	

SOUPS 2

Tomato Basil Bisque	AVAILABLE OPTIONS
Made with san marzano tomatoes	Cup: \$3.50
	Bowl: \$6.00
Soup of the Day	AVAILABLE OPTIONS
	Cup: \$3.50
	Bowl: \$6.00

SALADS 5

Caesar	\$6.95
Romaine hearts, croutons, parmeeggiano grana, traditional caesar dressing	
Dish Salad	\$6.95
Field greens, balsamic vinaigrette, house roasted tomatoes, cucumbers, roasted red peppers, parmeeggiano grana, red onion	
Spinach Salad	\$6.95
Spinach, bacon, sherry vinaigrette, red onions, house roasted tomatoes, parmeeggiano grana	
Mediterranean Salad	\$8.95
Field greens, olives, house roasted tomatoes, cucumbers, roasted red peppers, white bean spread, feta, red onion, balsamic vinaigrette	
The Bloody Good Salad	\$8.95
Romaine hearts, spicy buttermilk ranch, farm fresh egg, 'tender belly' ham & bacon, avocado, tomato, parmeeggiano grana	

MAIN 8

Which Came First	\$6.50
Two all natural fried eggs, muenster, 'tender belly' bacon, on ciabatta	
The Canales	\$6.50
Two all natural fried eggs, pork sausage, green chili, muenster, avocado, 'mm local' peppers, on ciabatta	
Benham Benny	\$6.50
Two all natural fried eggs, spinach, parmeggiano grana, house roasted tomatoes, garlic aioli, on focaccia	
Rooster's Reuben	\$6.50
Two all natural fried eggs, corned beef, french emmental, on ciabatta	
Green Eggs & Ham	\$6.50
Two all natural fried eggs, 'tender belly' ham, basil pesto, 'dish' mozz, on ciabatta	
Sunny Side	\$6.50
Two all natural fried eggs, cream cheese, avocado, roasted red peppers, on focaccia	
Sole Sister	\$6.50
Two all natural fried eggs, house cured norwegian salmon, cream cheese, red onion, tomatoes, capers, on a bagel	
Noosa Yoghurt Parfait	\$5.95
'Noosa' honey yoghurt, house made granola, seasonal fruit	

PLATTERS & DIPS 8

Salumi Antipasti	AVAILABLE OPTIONS
Assortment of 'fra' mani' cured meats, artisan cheeses, olives and 'frasca' red pepper jelly	Small: \$60.00
	Medium: \$115.00
	Large: \$180.00
Veggie Antipasti	AVAILABLE OPTIONS
Assortment of roasted vegetables, artisan cheeses, and olives	Small: \$45.00
	Medium: \$80.00
	Large: \$150.00
Veggie Crudite Platter	AVAILABLE OPTIONS
With red pepper hummus	Small: \$20.00
	Medium: \$30.00
	Large: \$45.00
Fruit Platter	AVAILABLE OPTIONS
With noosa yoghurt for dipping	Small: \$30.00
	Medium: \$40.00
	Large: \$60.00
Brie En Croute	AVAILABLE OPTIONS
With apple, cranberry or peach chutney	1/2 Wheel: \$30.00
	Whole Wheel: \$45.00

Salsa (Hot or Mild)	AVAILABLE OPTIONS
With house made tortilla chips	Small: \$15.00
	Medium: \$25.00
	Large: \$45.00

Guacamole with House Made Chips	AVAILABLE OPTIONS
	Small: \$20.00
	Medium: \$40.00
	Large: \$80.00

White Bean & Artichoke Dip	AVAILABLE OPTIONS
	Small: \$20.00
	Medium: \$30.00
	Large: \$45.00

SNACKY FOOD 6

Spicy Boulder Popcorn
Caramel Boulder Popcorn
Chile Roasted Nuts
With dried fruit
House Marinated Olives
Cheddar Cheese
Pretzel Bites
With dijon

COLD HORS D'OEUVRES 17

Chicken Salad	\$1.40
In 'long farm' bacon cup	
'Build Your Own' Bruschetta	\$0.70
Olive tapenade, tomato basil or white bean & parmeggiano reggiano	
Housemade Mozzarella Roulade	\$1.50
Prosciutto basil or tomato basil	
Crostinis	AVAILABLE OPTIONS
	Goat Cheese, Beet & Herb: \$0.90
	Horseradish Filet of 'Colorado's Best' Beef: \$1.40
Deviled Eggs (Half Egg)	\$0.90
With avocado or 'la quercia' prosciutto	
Fromage Blanc and House Cured Norwegian Salmon	\$0.90
On pumpernickel toast	

'Long Farm' Bacon Wrapped Shrimp Skewers	\$2.50
'La Quercia' Prosciutto Wrapped Asparagus	\$1.25
'La Quercia' Prosciutto Wrapped Melon (Seasonal)	\$1.65
Sesame Seared Ahi	\$1.40
With wasabi aioli on cucumber round	
Shrimp Cocktail	\$2.15
With horseradish cocktail sauce	
Tea Sandwiches	\$1.25
On ciabatta piglet, mapleton, gobbler, tuscan or caprese	
Turkey, Stuffing and Cranberry Bite (Hot or Cold)	\$1.25
Veggie Stuffed Grape Leaves	\$2.50
With tzatziki sauce	
Savory Palmiers	\$1.50
With 'la quercia' prosciutto or tomato basil	
Blue Cheese, Pear and Walnut Salad	\$1.50
In phyllo cups	
'Rancho Gordo' Bean Taquito Cup	\$1.25

HOT HORS D'OEUVRES 17

Chicken Wings	\$0.95
Spicy ranch or blue cheese, served with celery & carrots	
Mac N' Cheese in 'Long Farm' Bacon Cup	\$1.25
Pigs in Pretzel Blankets	\$1.25
Almond Stuffed Dates	\$1.40
Wrapped in 'long farm' bacon	
Butternut Squash & Sage on a Polenta Tartlet	\$1.40
All-Natural Chicken Fingers	\$1.40
Bbq, spicy ranch or honey mustard	
All-Natural Chicken Satay (Hot or Cold)	\$1.15
With peanut dipping sauce	
Crab Cakes	\$1.40
With garlic aioli	
Fried Manchego	\$1.40
With frasca red pepper jelly	

'Long Farm' Pulled Pork Dumpling	\$1.40
With pineapple aioli	
Mini Flatbread Pizzettas	\$3.15
(4 per pizzeta) margarita or salumi	
Mini Meatballs in Marinara	\$0.90
Mini Quiche	\$0.90
Meat or vegetarian	
Mini Twice Baked Potatoes	\$1.40
Meat or vegetarian	
Quesadilla Triangles	\$1.40
Chicken green chili or vegetarian	
Sliders	\$2.95
'Colorado's best' beef all-natural hamburger 'long farm' bbq pork 'rancho gordo' veggie black bean slow cooked bbq beef brisket	
Stuffed Mushrooms	\$1.65
Crab, sausage or veggie	

BREAKFAST BUFFET 3

Cold Breakfast	\$8.95
Includes: bagels with fromage blanc, assorted pastries (breads, croissants, gluten free muffins), fresh fruit salad, ozo coffee, 'two leaves and a bud' tea & orange juice	
Deluxe Cold Breakfast	\$12.95
Includes: bagels with fromage blanc and house-cured norwegian salmon noosa yoghurt, housemade granola, fresh fruit salad, ozo coffee, 'two leaves and a bud' tea & orange juice	
Hot Breakfast	\$12.95
Includes: pick-one eggs (frittata, scrambled or quiche), roasted potatoes meat ('long farm' bacon or ham), assorted pastries (breads, croissants, bagels, gluten free muffins), fruit salad, ozo coffee, 'two leaves and a bud' tea & juice	

BREAKFAST SAMMIES 7

Which Came First	\$6.50
Two all natural fried eggs, muenster, 'long farm' bacon, on ciabatta	
The Canales	\$6.50
Two all natural fried eggs, pork sausage, green chili, muenster, avocado, 'mm local' peppers, on ciabatta	
Benham Benny	\$6.50
Two all natural fried eggs, spinach, parmeggiano grana, house roasted tomatoes, garlic aioli, on focaccia	
Rooster's Reuben	\$6.50
Two all natural fried eggs, corned beef, french emmental, on ciabatta	

Green Eggs & Ham	\$6.50
Two all natural fried eggs, 'long farm' ham, basil pesto, 'dish' mozz, on ciabatta	
Sunny Side	\$6.50
Two all natural fried eggs, cream cheese, avocado, roasted red peppers, on focaccia	
Sole Sister	\$6.50
Two all natural fried eggs, house cured norwegian salmon, cream cheese, red onion, tomatoes, capers, on a bagel	

ADD-ONS 9

Quiche (Serves 6-8)	\$15.00
Noosa Yoghurt Parfait	\$5.95
House made granola and fresh fruit	
Bagels	\$5.95
House cured norwegian salmon, cream cheese, tomatoes, capers, red onions	
Oatmeal with Fixin's	\$3.95
Brown sugar, raisins, nuts & cream	
Assorted Pastries	\$2.95
Breads, bagels, croissants, 'gluten free muffins'	
Fresh Fruit Salad	\$2.95
Lillabee Gluten Free Pancakes	\$3.95
Cinnamon French Toast	\$3.95
Ozo Coffee, 'Two Leaves and a Bud' Tea & Oj	AVAILABLE OPTIONS
\$2.95	
Add Bhakti Chai (Supplemental Charge): \$1.00	

COLD SANDWICHES 13

Gobbler*
'Wisdom' natural turkey, avocado, muenster, tomato, lettuce, 'long farm' bacon, pesto mayo, on ciabatta
Chatham (Hot or Cold)
'Wisdom' natural turkey, french emmental, coleslaw, russian, on pumpernickel
Mapleton
House roasted 'colorado's best' all natural beef, white cheddar, red onions, bibb lettuce, tomato, horseradish mayo, on ciabatta
Whittier*
Speck, pate, brie, honey mustard, red onions, 'dish' apple chutney, field greens, on a baguette
East End*
'La quercia' prosciutto, parmeggiano grana, spinach, on a buttered baguette

Italian*

Sopressata, calabrese, genoa, 'dish' made fresh mozz, house roasted tomatoes, field greens, balsamic/kalamata olive spread, on a baguette

Piglet

'Long farm' ham, french emmental, bibb lettuce, tomato, honey mustard, mayo, on ciabatta

Chicken Salad

All natural tarragon chicken salad, lettuce, tomato, 'long farm' bacon, on ciabatta

Blat

'Long family farm' bacon, tomatoes, bibb lettuce, mayo, avocado, on focaccia

Flipper Friendly

Albacore tuna salad, white cheddar, bibb lettuce, tomato, on pumpernickel

Kenai*

House cured wild norwegian salmon, dill cream cheese, red onions, tomatoes, capers, field greens, on a baguette

Whitefish Salad

Smoked whitefish, cream cheese, green onions, tomatoes, bibb lettuce, on pumpernickel

Egg Salad

Farm fresh eggs, muenster cheese, avocado, lettuce, tomato, on pumpernickel

HOT SANDWICHES 7

Thanksgiving (Hot)

'Wisdom' natural turkey, cranberry, stuffing, gravy, on ciabatta

Boulder Bbq Brisket (Hot)

Slow cooked beef brisket, caramelized onions, white cheddar, coleslaw, on ciabatta

Reuben (Hot)

Corned beef, coleslaw, french emmental, russian dressing, on pumpernickel

Cuban (Hot)

'Long family farm' ham & pork shoulder, french emmental, pickles, mayo, mustard, on focaccia

New Yorker (Hot)

Pastrami, french emmental, coleslaw, mustard, on pumpernickel

The Chook (Hot)

Grilled chicken breast, 'dish' mozz, rosemary/roasted garlic aioli, 'dish' tomato spread, on focaccia

Scuba Steve (Hot)*

Blackened mahi, slaw, avocado, tomato, lemon tarter, on gluten free bread

BOXED LUNCH SALADS 5

Caesar

Romaine hearts, croutons, parmeggiano grana, traditional caesar dressing

Dish Salad

Field greens, balsamic vinaigrette, house roasted tomatoes, cucumbers, roasted red peppers, parmeggiano grana, red onion

Spinach Salad

Spinach, bacon, sherry vinaigrette, red onions, house roasted tomatoes, parmeggiano grana

Mediterranean Salad

Field greens, olives, house roasted tomatoes, cucumbers, roasted red peppers, white bean spread, feta, red onion, balsamic vinaigrette

The Bloody Good Salad

Romaine hearts, spicy buttermilk ranch, farm fresh egg, 'long family farms' ham & bacon, avocado, tomato, parmeggiano grana

CHICKEN 6

Stuffed All-Natural Chicken Breast \$6.95

Gruyere & 'long farm' ham goat cheese & asparagus spinach & feta

All-Natural Chicken Piccata \$7.95

With lemon caper sauce over penne

All-Natural Chicken Parmesan \$7.95

Over penne

All-Natural 'Wisdom' Chicken & Veggie Kebabs \$7.95

'Wisdom' All-Natural Chicken AVAILABLE OPTIONS

Herb roasted or bbq

Quarter: \$4.95

Half: \$7.95

Chicken Enchiladas AVAILABLE OPTIONS

Chopped lettuce, tomatoes, sour cream

\$7.95

Add Guac (Pp): \$2.00

FISH 4

Stuffed Trout \$6.95

Mahi Mahi \$8.95

Blackened or tequila lime

Shrimp and Vegetable Kebabs \$8.95

Wild Norwegian Salmon \$8.95

Homemade mozzarella, tomato & basil or bbq

PORK 4

'Long Farm' Pulled Bbq Pork Sandwiches \$6.95

Build your own with slaw, cheese and buns

'Long Farm' Pork Tenderloin	\$7.95
With grilled apple chutney or green chile	
'Long Farm' Pork Carnitas Taco Bar	AVAILABLE OPTIONS
Lettuce, tomato, sour cream	
	\$7.95
	Add Guacamole for (Pp): \$2.00
'Long Farm' Baby Back Ribs	\$9.95

LAMB 1

Colorado Rack of Lamb	\$12.95
Rosemary mustard crusted	

BEEF 8

Slow Cooked Beef Brisket Sandwiches	\$6.95
'Build your own' with slaw, cheese, buns	

'Colorado's Best' Beef Hot Dogs	\$6.95
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'Colorado's Best' Beef Hamburgers	\$6.95
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Grilled All-Natural Sliced Flank Steak	\$9.95
Hazel dell wild mushroom gravy or chimichurri herb sauce	

'Colorado's Best' Filet Mignon	AVAILABLE OPTIONS
Served sliced with ciabatta rolls and condiments	
	Half Cut (Served 5-6): \$80.00
	Whole Cut (Serves 10-12): \$160.00

'Colorado's Best' Prime Rib Roast	
Call to arrange	

6 Oz 'Colorado's Best' Beef Tenderloin	\$12.95
Wrapped in 'long farm' bacon	

Beef Lasagna	AVAILABLE OPTIONS
	Half Pan (Serves 8-10 People): \$40.00
	Full Pan (Serves 16-18 People): \$75.00

VEGETARIAN 10

Baked Potato Bar	\$5.95
Broccoli, cheddar & sour cream	

Eggplant Napoleon	\$5.95
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Wild Mushroom Stuffed Portobellos	\$5.95
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Vegetarian Stuffed Peppers	\$5.95
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Veggie Taco Bar		AVAILABLE OPTIONS
Lettuce, tomatoes, sour cream		\$5.95
		Add Guacamole (Per Person): \$2.00
Eggplant Parmesan		\$6.95
With penne		
Seasonal Veggie Kebabs		\$6.95
Chile Rellenos		\$7.95
Polenta Tart		\$35.00
With roasted veggies & cheese		
Spinach Lasagna		AVAILABLE OPTIONS
		Half Pan (Serves 8-10 People): \$40.00
		Full Pan (Serves 16-18 People): \$75.00

KIDS ENTREES 4

All-Natural 'Wisdom' Chicken Fingers
'Colorado's Best Beef' Hotdogs with Fixin's
Mini 'Colorado's Best' Beef Hamburger Sliders
Margarita Flatbread Pizzettas

KIDS SIDES 4

Glazed Baby Carrots
Maple Mashed Sweet Potatoes
Sautéed Green Beans
Vermont Cheddar Mac N'cheese

COLD SIDES 13

Beluga Lentil Salad	\$2.95
Creamy Cucumber Salad	\$2.95
Grilled Vegetables	\$2.95
Glazed Baby Carrots	\$2.95
Lemon Vegetable Cous Cous Salad	\$2.95
Maple Glazed Acorn Squash (Fall & Winter)	\$2.95
Pasta Salad (Bowtie, Orzo or Penne)	\$2.95

Potato Salad (Vinaigrette or Mayo)	\$2.95
Quinoa Salad with Seasonal Vegetables	\$2.95
'Rancho Gordo' Heirloom Bean Salad	\$2.95
Roasted Beets and Greens	\$2.95
Sautéed Garlic Green Beans	\$2.95
Sesame Snap Peas	\$2.95

HOT SIDES 9

Baked Beans	\$2.95
Corn on the Cob with Chipotle Butter (Seasonal)	\$2.95
Herb Roasted Fingerling Potatoes	\$2.95
Maple Mashed Sweet Potatoes	\$2.95
'Pt Reyes' Blue Cheese Gratin Potatoes (Min. 8)	\$2.95
Roasted Root Vegetables (Fall & Winter)	\$2.95
Sweet Potato Hash	\$2.95
Twice Baked Potatoes (Veggie or Meat)	\$2.95
Vermont Cheddar Mac N'cheese	\$2.95

GREEN SALADS 7

Caesar	\$2.95
Romaine hearts, croutons, parmeggiano grana, traditional caesar dressing	
Dish Salad	\$2.95
Field greens, balsamic vinaigrette, house roasted tomatoes, cucumbers, roasted red peppers, parmeggiano grana, red onion	
Spinach Salad	\$2.95
Spinach, bacon, sherry vinaigrette, red onions, house roasted tomatoes, parmeggiano grana	
Mediterranean Salad	\$3.95
Field greens, olives, house roasted tomatoes, cucumbers, roasted red peppers, white bean spread, feta, red onion, balsamic vinaigrette	
The Bloody Good Salad	\$3.95
Romaine hearts, spicy buttermilk ranch, farm fresh egg, 'long family farms' ham & bacon, avocado, tomato, parmeggiano grana	
Watermelon & Arugula	\$3.95
Seasonal	

Caprese	\$3.95
Seasonal	

FULL SIZE** 3

Seasonal Fruit Galettes	\$4.00
Seasonal Fruit Pies (8-10)	\$20.00
Seasonal Fruit Crisp	AVAILABLE OPTIONS
	Half Pan (Serves 8-12): \$35.00
	Full Pan (Served 24-30): \$70.00

PETITE** 10

Apricot Half Stuffed with Mascarpone Cream & Candied Nuts	\$1.95
'Tee & Cakes' Mini Cupcakes	\$1.75
Assorted flavors of the day	
Bite Sized Cream Pies	\$1.50
Banana, chocolate, or coconut	
Eclairs	\$1.50
Fresh Fruit Tartlettes	\$1.50
Key Lime Tartlettes	\$1.50
Churros	\$1.25
Crème Puffs	\$1.25
Lemon Lavender Bars	\$1.00
Chocolate Brownie Bites	\$0.60

DAILY 2

Cookies	\$0.99
Brownies	\$1.25