

SANDWICHES

Meats are Roasted and sliced FRESH in-house (No Cold Cuts!).
Breads are baked in-house

EXTRAS Gluten Free **1.99**, Bacon **1.99**, Extra Meat **2.99**,
Extra Cheese **1.49**, Avocado **1.49**, Hummus **0.99**, Extra Sauce **0.49**

B.L.T.S & Turkey 8⁹⁹

Bacon, Lettuce, Tomato, Sprouts, House Spread, Ciabatta

Egg Salad 8⁹⁹

Your Choice of Bread, Egg Salad, Lettuce, Sprouts, House Spread

Turkey Club 9⁹⁹

Lettuce, Sprouts, Tomato, Turkey, Bacon, Cheddar, Garlic Aioli, Ciabatta

Build your own or let us surprise you!

“The Fig” Sandwich 12⁹⁹

1 BREAD

- 9- grain
- dark rye
- whole wheat
- ~~GF~~ flatbread **1.99**
- wrap

“The Little Fig” Sandwich 7⁹⁹

1 BREAD

- cheese bun
- 9- grain
- whole wheat
- wrap
- ~~GF~~ flatbread **0.99**

2 MEAT (CHOOSE 1)

- rosemary ham
- roast beef
- roasted turkey
- vegetarian (AVOCADO)

5 SAUCES

- house spread
- mustard
- sriracha aioli
- garlic aioli
- horseradish

3 CHEESE (CHOOSE 1)

- monterey jack
- swiss
- aged cheddar

OR

- ~~gf~~ avocado
- ~~gf~~ hummus

4 VEGGIES

- “The Works” (EVERYTHING)
- sprouts
- lettuce
- tomatoes
- onions
- spinach
- pickles
- cucumbers

IN A BOWL

All Dressings, Salads, and Bowls are made
and prepared FRESH in-house!

EXTRAS Gluten Free **1.99**, Falafel **1.49**, Bacon **1.99**, Extra Meat **2.99**,
Extra Cheese **1.49**, Avocado **1.49**, Hummus **0.99**, Extra Dressing **0.49**

Salads

SMALL **6⁹⁹**

REGULAR **8⁹⁹**

Beet & Feta

Lettuce, Beets, Feta, Walnuts, Blueberry Cocoa Compote

Greek Goddess

Lettuce, Bell Peppers, Cucumbers, Red Onions, Cherry Tomatoes,
Feta, Olives, Greek Dressing

Spinach & Mandarin

Spinach, Red Onions, Mandarins, Toasted Almonds, Raspberry Vinaigrette

Caesar

Romaine, Croutons, Asiago, Caesar Dressing

Potato Salad

Potatoes, Carrots, Radishes, Green Onions, Pickles, Celery, Dill, Parsley,
House Spread

“The Naked”


12⁹⁹

Build your very own Low Carb Salad Bowl! Your style, your way.

1 BASE (CHOOSE 2)

- quinoa
- brown rice
- sprouts
- spinach
- lettuce

2 PROTEIN (CHOOSE 1)

- roasted chicken
- rosemary ham
- roast beef
- roasted turkey
- falafel 

3 CHEESE (CHOOSE 1)

- monterey jack
- swiss
- aged cheddar
- feta






OR

-  avocado
-  hummus

4 VEGGIES

- “The Works”
(EVERYTHING)
- tomatoes
- onions
- pickles
- cucumbers
- bell peppers

5 DRESSING

-  house spread
-  greek
-  asian
-  raspberry vinaigrette
-  blueberry cocoa compote
- caesar

COMBOS

Popular combinations to leave you nourished and satisfied

EXTRAS Gluten Free **1.99**, Bacon **1.99**, Extra Meat **2.99**,
Extra Cheese **1.49**, Avocado **1.49**, Hummus **0.99**, Extra Sauce **0.49**

Soup of the Day	8oz	3⁹⁹
Soups made FRESH in-house Daily	16oz	6⁹⁹
(TO-GO ONLY)	32oz	10⁹⁹

Add a cheese bun for **0.99** or Scone for **1.99**

Combine any size soup with any sandwich and apply the following discount:	8oz	1⁰⁰ OFF
	16oz	2⁰⁰ OFF

DAILY SPECIAL

Our famous Soup & Sandwich Special!
Specials vary from day to day

Half Sandwich of the Day (OR VEGETARIAN 🌿) **11⁹⁹**
with your choice of 16 oz Soup or Salad

Not that Hungry? Make it an 8 oz Soup for **9⁹⁹**

COFFEE & BAKED GOOD COMBO

All Baking is baked in-house with extra LOVE

Drip Coffee, Tea, or Americano **1⁰⁰ OFF**

Any Specialty Coffee **2⁰⁰ OFF**

Apply the following discounts when you combine ANY Coffee
with ANY Baked Good.

BREAKFAST ALL DAY

All eggs are sourced from local farms!

EXTRAS Gluten Free **1.99**, Bacon **1.99**, Extra Meat **2.99**,
Extra Cheese **1.49**, Avocado **1.49**, Hummus **0.99**, Extra Sauce **0.49**

Frittata

8⁹⁹

Two Eggs Baked with Spinach and Onions, Tomatoes, Lettuce,
House Spread, Ciabatta Bun

Breakfast Burrito

7⁹⁹

Bacon & Cheddar

Scrambled Eggs, Cheddar Cheese, Bacon, House Spread, Onions,
Wrapped in a Tortilla

Vegetarian

Scrambled Eggs, Spinach, Onions, Bell Peppers, Cheddar Cheese, House
Spread, Wrapped in a Tortilla

“The Fig” Breakfast

6⁹⁹

1 BASE (CHOOSE 1)

- yogurt
- oatmeal

2 TOPPINGS (CHOOSE 3)

- dried apricots
- dried cranberries
- blueberries
- raspberries
- walnuts
- toasted almonds
- brown sugar
- granola
- honey

Bagel

1⁹⁹

1 BAGEL (CHOOSE 1)

- multi-grain
- plain

2 CREAM CHEESE (CHOOSE 1) 0.99

- plain
- herb & garlic

BEVERAGES

Locally roasted blend of coffee from Cherry Hill

EXTRAS Flavour Shot **0.99**, Almond milk **0.99**,
Coconut milk **0.99**

COFFEE & ESPRESSO

	S	M	L
Coffee	1 ⁹⁹	2 ⁴⁹	2 ⁹⁹
Caffe latte	3 ⁴⁹	3 ⁹⁹	4 ⁴⁹
Cappuccino	3 ⁴⁹	3 ⁹⁹	4 ⁴⁹
Americano	2 ⁴⁹	2 ⁹⁹	3 ⁴⁹
Caffe mocha	3 ⁹⁹	4 ⁹⁹	5 ⁴⁹
Caffe caramel	3 ⁹⁹	4 ⁹⁹	5 ⁴⁹

TEA & OTHER

Tea	1 ⁹⁹	2 ⁴⁹	2 ⁹⁹
Chai latte	3 ⁹⁹	4 ⁴⁹	5 ⁴⁹
London fog	3 ⁴⁹	3 ⁹⁹	4 ⁴⁹
Steamer	3 ⁴⁹	3 ⁹⁹	4 ⁴⁹
Hot chocolate	3 ⁴⁹	3 ⁹⁹	4 ⁴⁹
Seasonal Drink	3 ⁴⁹	4 ⁴⁹	5 ⁴⁹

All drinks can be made iced * by request.

POWER BOWLS

A light way to refuel and power you up for the rest of your day!

Mediterranean

12⁹⁹

Turkey OR Falafel, Mixed Lettuce, Spinach, Quinoa, Bell Peppers, Tomatoes, Cucumber, Onions, Olives, Feta, Avocado, Sundried Tomato Puree, Greek Dressing

Sesame Orange

12⁹⁹

Chicken OR Falafel, Brown Rice, Coleslaw, Broccoli, Bell Peppers, Mandarin Oranges, Edamame Beans, Avocado, Toasted Almonds, Green Onion, Asian Dressing

California

12⁹⁹

Crab Meat OR Falafel, Brown Rice, Coleslaw, Mixed Lettuce, Red Peppers, Cucumber, Seaweed, Sesame Seeds, Green Onion, Avocado, Rice Wine Vinaigrette, Sriracha Mayo, Wasabi Mayo, Ginger

BAKED GOODS

You can taste the love

Scones

Sweet or Savory

2⁹⁹

MUFFINS

White

2⁹⁹

Bran

2⁹⁹

Gluten Free (EXTRA COST)

3⁴⁹

CINNAMON BUNS

With Icing

4⁹⁹

Without Icing

4⁹⁹

COOKIES

Cappuccino Shortbread

1⁹⁹

White Chocolate Key Lime

1⁹⁹

Chocolate Chip

1⁹⁹

Gluten Free Peanut Butter

2⁴⁹

Gluten Free Chocolate Chunk

2⁴⁹

Cookie Pack (HALF DOZEN)

10⁰⁰

Double Chocolate Brownie

3⁹⁹

Rice Crispy Square

2⁹⁹