



Morning Menu

Baked Goodies

Everything in our dessert case is made right here in our own bakery.
Check the case or ask your server to find out what our bakers have created this morning.

Cascade Breakfast

Keep it simple with a light combination including one of our homemade muffins, fresh mixed fruit, and a large apple juice or orange juice. 6.95

Muff -Eggs

Our delicious Muff-Eggs include one scrambled egg served on a toasted whole wheat English muffin with the following:

Classic Muff-Egg

Bacon, and melted cheddar. 5.95

Portabella Muff-Egg

Balsamic-marinated portabella mushroom, melted havarti, baby spinach and sun-dried tomato pesto. 5.95

Mexi Muff-Egg

Crumbled black bean burger, melted cheddar, salsa, and chipotle mayo. 5.95

Blue Muff-Egg

Bleu cheese, ham, and spinach. 5.95

- add fresh sliced avocado for .75

Bagels

Our bagels come to us fresh daily from The Bagelry in downtown Bellingham.

Choose from plain, whole wheat, sesame seed, onion, garlic, cinnamon raisin, or an everything bagel.

A Bagel with...

Toasted or not. Choose your spread: plain cream cheese, pesto cream cheese, sun-dried tomato pesto, hummus, peanut butter and/or raspberry jam, melted cheese ~ swiss, cheddar, havarti, or smoked Gouda.
Whole 3.95 Half 2.95

Smoked Salmon Melt

Wild-caught, Pacific Northwest smoked salmon from locally owned VIS Seafoods, with cream cheese, red onion, and melted swiss.
Whole 10.95 Half 7.50

Smoked Salmon Bagel

The cold version—a spread of cream cheese with our wild-caught salmon, sliced red onions, and topped with capers.
Whole 10.50 Half 7.25

- Consuming raw or under-cooked eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Breakfast Croissant

All of our hot breakfast sandwiches are made to order on a lightly toasted croissant and served with a side of cantaloupe.

Classic Croissant

Scrambled egg, ham, and melted cheddar on a croissant. 8.50

California Croissant

Scrambled egg, melted swiss, fresh sliced avocado, sprouts, tomato, and lettuce. 8.95

Southwest Croissant

Scrambled egg with diced bell peppers, red onion, melted cheddar, and salsa on the side. 8.95

Northwest Croissant

Scrambled egg with wild-caught smoked salmon, red onion, melted swiss, and basil pesto cream cheese. 9.95

Quiche

Baked right in our own kitchen, our quiches feature a fluffy filling and flaky pastry crust, or a delicious gluten-free potato crust. All quiches are served with a side of cantaloupe.

Ask your server for today's selections.

- Quiche served with bread. 7.95
- Quiche served with your choice of a homemade muffin or warm croissant 8.95

BBAT Sandwich

Bacon, basil, avocado, and tomato on your choice of toasted Breadfarm artisan wheat, sourdough, or rye bread. Whole 9.95 Half 6.95

- add a scrambled egg for 1.00

Sides

Toast

Breadfarm artisan wheat, sourdough, or rye. 2.95

Homemade Muffin

Ask your server about today's flavors. 2.50

Fruit Cup

Mixed fruit salad 1.95

Bacon

2.00

We use delicious, wholesome, hormone and additive-free milk from Breckenridge Farm in Everson. Our coffee comes from independently owned Caffe Umbria in Seattle. All blends available for purchase in 12 oz. packages; please ask your server.

Drip Coffee The Terra Sanna blend is certified Fair Trade and 100% organic; it has a chocolaty aroma and soft, earthy undertones. The Mezzanotte decaf blend is also available. Bottomless cup 2.50

Hot Tea Choice Organic Teas include: Green - Dragon Well, Moroccan Mint, Black - Celtic Breakfast, Earl Grey with Lavender, Herbal - Licorice Peppermint, Chamomile Spearmint, Rooibos Vanilla, and Northwest Blackberry. Teapot 2.50

Espresso

The Gusto Crema blend is a classic Italian espresso that produces a thick golden crema and a distinctly European flavor profile. Mezzanotte decaf is roasted to a medium dark finish.

Espresso

Solo 2.00 Doppio 2.75

Caffe Mocha

Short 3.00 Tall 3.75 Grande 4.25

Caffe Americano

Tall 2.50

Cappuccino

Short 2.75 Tall 3.25 Grande 4.00

Caffe Latte

Short 2.75 Tall 3.25 Grande 4.00

Caffe Viennese

Short 3.00 Tall 3.75 Grande 4.25

Customize It! Choice of milk: whole, 2%, non-fat
Soy add .75 Espresso extra shot add 1.00 Torani syrup add .75

Spiced Apple Cider

Tall 3.00 Grande 3.75

Chai Latte

Short 3.00 Tall 3.75 Grande 4.25

Hot Honey Lemonade

Tall 3.00 Grande 3.75

Hot Chocolate

Short 2.50 Tall 3.00 Grande 3.50

Juice

Naked Juice Get Naked with 100% all-natural juices: Green Machine, Blue Machine, Red Machine, Mighty Mango, Berry Blast, Berry Veggie, Power-C Machine. Bottle 3.50

Apple or Orange Juice Small 2.25 Large 2.95