

DRINKS

Espresso Drinks

Latte (Iced or Hot)	\$4.25/5.25
Cappuccino	\$3.75
Cortado	\$3.50
Macchiato	\$3.25
Double Shot	\$2.75
Americano (Iced or Hot)	\$4.00/5.00

Coffee and Tea

COFFEE	
Hot Coffee	\$2.75/3.00
Iced Coffee	\$3.25/3.75
Pour Over	\$5.00
Cold Brew	\$4.00/5.00
Café au Lait	\$4.50/5.00
Hot Chocolate	\$3.25/3.75

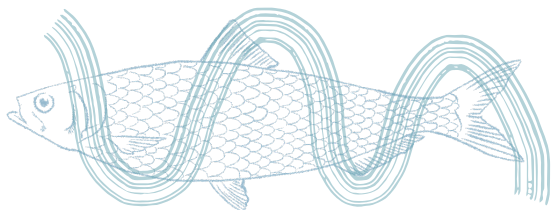
TEA	
Iced Tea	\$3.25/3.75
Golden Green, Black Tea, Blood Orange Hibiscus	
Hot Tea	\$3.00/3.50
Jasmine Pearl Green, Early Grey, English Breakfast	
Chai Latte (Iced or Hot)	\$4.25/5.25
Dirty Chai (Iced or Hot)	\$5.50
Matcha Latte (Iced or Hot)	\$4.25/5.25
London Fog	\$5.25

Signature Drinks

Iced Honey Frother	\$5.50
Cold brew, honey, choice of milk, shaken.	
Blood Orange Chiller	\$5.50
Blood orange hibiscus tea, agave, lime, seltzer.	
Vietnamese Iced Latte	\$5.50
SlackTide espresso, sweetened condensed milk, mocha, your choice of milk. Served iced or hot.	
<i>Contains dairy.</i>	
Honey Bee	\$5.50
Oat milk iced latte shaken with honey, homemade vanilla syrup, and a dash of cinnamon.	

Milks	
Whole	
Low Fat	
Oat (+0.25)	
Almond (+0.25)	

Homemade Syrups (+0.25)	
Vanilla Bean	
Mocha	
Caramel	
Maple Cinnamon	



Please let us know if you have any food allergies or special dietary needs.

EATS

Breakfast Sandwich - Choice of Bread

Fried egg, cheddar or american cheese. Add ham, bacon, or sausage (\$1.50).

Bread Choices: Bagel (Everything, Sesame, French Toast, Plain), **Homemade Biscuits** (+1.50), Croissant (+2.00), Sourdough (+2.00), Gluten Free Bread (+2.00)

\$5.00

Bagel Specials

Bagel Choices: Everything, Sesame, French Toast, Plain

Veggie Bagel \$5.50

Cream cheese, cucumber, tomato, red onion.

Silvia Special \$7.00

Avocado spread, crumbled feta cheese, tomato, cucumber, hot sauce.

The Shroom \$6.50

Fried egg, sauteed red onion and mushroom, balsamic glaze, cheddar or american cheese.

Lox Bagel \$12.50

Smoked salmon, capers, red onion, cream cheese, micro greens.

Lunch Bagel \$8.00

Turkey, bacon, spinach, tomato, dill pickles, mayo.

Toasts

Bread Choices: Sourdough, Gluten Free Bread (+2.00)

Avocado Toast \$9.00

Avocado spread, tomato, micro greens, sesame seeds on toasted sourdough.

Blackberry Toast \$9.00

Cream cheese, raspberry jam, fresh blackberries, mint garnish on toasted sourdough.

PB & Banana Toast \$9.00

Peanut butter, banana, chia seeds and honey on toasted sourdough.

Greek Toast \$9.50

Homemade hummus, feta, olives, cucumber, tomato, and balsamic glaze on toasted sourdough.

Paninis

Bread Choices: Sourdough, Gluten Free Bread (+2.00)

Breakfast Panini \$6.50

Soft boiled egg with cheddar or american cheese grilled on sourdough. Add ham, bacon, or sausage (\$1.50).

Garden Egg & Cheese \$8.50

Soft boiled egg, spinach, red onion, balsamic drizzle, cheddar or american cheese, grilled on sourdough.

Grilled Cheese \$6.00

Mix of cheddar and american cheese grilled on sourdough.

Cuban \$9.00

Ham, dill pickles, dijon mustard, cheddar or american cheese, grilled on sourdough.

Buffalo Chickpea \$9.00

Homemade buffalo chickpea, spinach, pickles, red onion, cheddar or american cheese, grilled on sourdough.

B.S.A.T. \$9.50

Bacon, spinach, avocado spread, tomato, cheddar or american cheese, grilled on sourdough.

Southwestern \$10.00

Turkey, avocado spread, bacon, chipotle mayo, cheddar or american cheese, grilled on sourdough.

Salad

SlackTide Salad \$10.00

Fresh spinach, cucumbers, tomatoes, micro greens, red onion, feta cheese, homemade shallot vinaigrette.

Add protein - ham, soft boiled or fried egg, turkey, bacon, sausage, avocado, hummus, buffalo chickpea (\$1.50)

Bakery (available every day except Mondays)

HOMEMADE DONUTS

Glazed	\$3.25
Chocolate Frosted	\$3.25
Chocolate Cake	\$3.25
Cinnabonne	\$3.25
5-Pack Donut Holes	\$1.75

OTHER BAKED GOODS

Homemade Buttermilk Biscuit	\$3.50
Plain Croissant	\$3.25
Chocolate Croissant	\$4.00
Almond Croissant	\$4.25
Homemade Coffee Roll	\$4.25
Homemade Lemon Blueberry Muffin	\$3.50