

## burgers

Our 1/2-pound beef burgers are fresh (never frozen), natural midwest + corn-fed angus. Char-grilled + served with choice of side listed below.

gf No bun (+\$0) or served on a bed of greens (+\$1).

**THE GOURMET BLEU BURGER** \$12.75 gf  
beef burger topped with a bleu cheese + basil mixture. lettuce. tomato. avocado. brioche bun.

**NOT-SO-GOURMET BURGER** \$10.75 gf  
plain grilled beef patty. lettuce. tomato. onion. brioche bun.

**TURKEY BURGER** \$11.25 gf  
house-seasoned ground turkey breast. sun-dried tomato pesto spread. lettuce. brioche bun.

**SALMON BURGER** \$11.75 gf  
wild-caught salmon patty. cilantro sauce. lettuce. tomato. multi-grain bun.

**CHICKEN BURGER** \$11.25  
in-house ground, all-natural chicken breast + parmesan cheese patty. chipotle spread. lettuce. tomato. ciabatta roll.

**BEYOND BURGER** \$11.75 v  
plant-based burger patty that looks and cooks like beef. lettuce. tomato. multi-grain bun.

### BURGERS + SANDWICHES SERVED WITH

sweet potato french fries  
hand-cut french fries gf  
house-made potato chips gf

**upgrade your side** (+\$1.25)  
cup of soup  
fresh fruit gf  
market basket vegetable salad gf

## sandwiches

All cafe sandwiches are made just for you, grilled on our house-made bread + served with choice of side listed below.

gf Gluten-free bread available (+\$1).

**LELAND'S BEST BLT** \$9.75  
tomato. crispy bacon. lettuce. basil mayo. italian bread.

**ROAST BEEF + CHEDDAR** \$12.75  
sliced roast beef. cheddar cheese. bacon. pub mustard. bbq sauce. ciabatta roll.

**CRISPY COD + SLAW** \$11.75  
hand-battered fried cod. tomato. lettuce. tartar sauce. ciabatta roll. cole slaw.

**CHICKEN FOCACCIA** \$11.75  
grilled all-natural chicken breast. sage-walnut pesto. sliced apple. herb focaccia square.

**TOASTED HAM + BRIE** \$10.75  
sliced ham. brie. apricot-dijon compote. rye bread.

**TURKEY CLUB** \$12.75  
sliced turkey breast. crispy bacon. spinach. muenster cheese. tomato. basil mayo. italian bread.

**SMOKED TURKEY + ARTICHOKE** \$11.25  
sliced smoked turkey. artichoke-parmesan spread. roasted red peppers. crunchy earthen bread.

**HARVEST VEGETABLE SANDWICH** \$10.75 v  
zucchini. onions. peppers. herbed goat cheese spread. spinach. herb focaccia square.

**CAPRESE BAGUETTE** \$9.75 v  
tomato. fresh mozzarella. basil pesto. balsamic vinaigrette. petite french baguette.

## soup

All house-made soups.

**DAILY** tomato-basil gf v lc **CUP** \$4 | **BOWL** \$6  
**SEASONAL SOUP** offered daily

### SAVE ROOM FOR CYD'S AMAZING HOMEMADE DESERTS!

Ask your server what's available.

## salads

Hand-selected, freshly chopped ingredients. House-made dressings. Salads are served with a house-made garlic-herb breadstick. Gluten-free crackers available.

**GREEK CHICKEN** \$10.75 lc  
romaine. feta. red onion. tomato. pepperoncini. cucumber. kalamata olives. lemon-herb, all-natural chicken breast. greek vinaigrette.

**CRANBERRY CHICKEN** \$12.75  
field greens. pulled all-natural chicken breast. pecans. dried cranberries. snap peas. red onion. radicchio. celery. poppy seed dressing.

**PROTEIN BOWL** \$10.75 lc v  
field greens. kidney, garbanzo + black beans. quinoa. green onion. cucumber. tomato. lemon vinaigrette.

**MARKET KALE BOWL** \$10.75 v  
kale. farro. carrot. fennel. avocado dressing. almonds.

**CITRUS SALMON** \$14.75 lc  
asian cabbage mix. dill salmon. avocado. grapefruit. radish. cashews. sesame seeds. sweet + sour vinaigrette.

**SIDE SALAD** \$5 lc v  
romaine + leaf lettuce. tomato. cucumber. red onion. balsamic vinaigrette.

**Extra house-made dressing \$0.75 each** gf  
balsamic. poppy seed. ranch. greek. sweet + sour. lemon.

**Protein add-ins \$4 each**  
all-natural lemon-herb chicken. gf lc  
dill-roasted chilean salmon. gf lc

**Add-ins \$1.50 each** bacon. bleu crumbles.

## plates

**AVOCADO TOAST** \$8.75 v  
choice of toast. smashed avocado. basil. egg. seasonal garnish.

**WHITE PIZZA** \$12.75 v  
fontina. mozzarella. goat cheese. field greens. champagne vinaigrette. pine nuts. tomatoes.

**GRILLED CHEESE + TOMATO-BASIL SOUP** \$10.25 v  
muenster. provolone. dill havarti. italian bread. cup of vegetarian tomato-basil soup.

**QUICHE OF THE WEEK** \$10.75  
square of weekly quiche. fresh fruit.

**TAQUITO OF THE WEEK** \$10.75  
weekly taquito. side tossed salad.

**CHEESE PLATE** \$14.75 v  
our daily cheese selections. fruit. nuts. crackers. seasonal garnish.

**CHIPS, VEGGIES + DIP** v  
**Chickpea Hummus** \$9.75  
fresh vegetables. pita chips.

**Artichoke-Parmesan Dip** \$10.75  
fresh vegetables. pita chips.

**House-Made Potato Chips** \$7.75  
fresh vegetables. sun-dried tomato dip.

**VEGGIE MARKET SAMPLER** \$10.75 v  
one serving of three vegetable salads from market deli case.

**SUPER MARKET SAMPLER** \$12.75  
one serving of any two vegetable salads + one chicken or tuna salad from market deli case.

## DRINKS

black currant iced tea \$2.75  
cyd's lemonade \$2.75  
arnold palmer \$3  
intelligentsia coffee \$2.75  
republic of tea hot tea \$3.25  
fresh-squeezed OJ \$3/\$5.50  
coke, diet coke, sprite \$3

maine root root beer \$4.50  
fever tree ginger ale \$3.75  
san pellegrino fruit beverages \$3.75  
lg pellegrino sparkling water \$6.50  
organic milk (white or chocolate) \$4  
wine + beer + cocktails *see our lists*

## EXTRAS

### CHEESE \$1

swiss  
colby-jack  
white cheddar  
bleu cheese  
muenster

american  
cheddar  
brie  
pepperjack

### TOPPINGS \$1.50

bacon  
avocado  
sautéed mushrooms  
fried egg  
caramelized onions  
tomato jam

### HOUSE-MADE SAUCES \$0.75 each

chipotle  
cilantro  
ranch  
bbq  
honey mustard  
pub mustard

lc Low Carb  
v Vegetarian

gf Gluten-free choices available. All Cyd's dressings and sauces are made fresh in house + gluten-free. Our kitchen is not a gluten-free designated kitchen.