

NOSH • NIBBLES • NUTS



# THE FLYING SQUIRREL

OPEN 7 DAYS A WEEK 10 AM - 4 PM\*

## DRINKS

### CUPPA' JOE

	Small	Large
Espresso	3	
Drip Coffee	2	2.5
Americano	3	3.5
Cappuccino	4.75	5.25
Latte	5	5.5
Mocha	5.25	5.75

Hot Chocolate	4.75	5.25
Tea	3	3.5

### { ON THE ROCKS }

Iced Drip Coffee	3	3.5
Cold Brew	4.5	5
Iced Latte	5	5.5
Iced Mocha	5.25	5.75

### THIRST QUENCHING

### { FRESHLY MADE }

Natural Soda	4	4.75
Iced Tea	3	3.5

### { BOTTLED UP }

Apple Juice	1.5	2.75
Coconut Water		4
GT's Kombucha		5
Horizon Organic Milks		3.75
Naked Juice Smoothies		5.5
Sparkling Water		3



ADD SYRUP (+.50)

HOUSEMADE | ALL-NATURAL

ASK WHAT FLAVORS  
ARE FRESH TODAY

ADD ESPRESSO  
SHOT (+1.50)



SODA FLAVORS

HOUSEMADE | ALL-NATURAL

ASK WHAT FLAVORS  
ARE FRESH TODAY

## GRAB + GO

Grab and go sandwiches are lightly dressed with oil and vinegar

<b>Chef's Salad</b>	9.75
<i>Romaine lettuce, turkey, ham, salami, chef's select cheeses, tomato, croutons, hard-boiled egg, house-made ranch</i>	
<b>Get 'em to the Greek Wrap</b>	8.25
<i>Spinach wrap, spring "superfood" mix, feta, cucumber salad, kalamata olives, tzatziki</i>	
<b>Spicy Chicken Ranch Wrap</b>	8.75
<i>Tomato wrap, hummus, romaine, chicken, croutons, parmesan, spicy ranch, sriracha</i>	
<b>Herbivore Select</b>	8.5
<i>Squaw roll, hummus, mozzarella, tomato, spring "superfood" mix, red onion, bell pepper, cucumbers</i>	
<b>Turkey &amp; Avocado Sandwich</b>	9
<i>Chef's select bread, avocado, turkey, radish sprouts, and chef's select cheese</i>	
<b>Turkey &amp; Salami Sandwich</b>	8.75
<i>Chef's select bread, turkey, salami, romaine, and pepper jack cheese</i>	
<b>Hummus Snack Pack</b>	5
<i>Hummus, baby carrots, chef's select cheese, terra chips, or pretzels</i>	
<b>Protein Snack Pack</b>	6
<i>Hard-boiled egg, mixed nuts, chef's select meat, and cheese</i>	
<b>Veggie Snack Pack</b>	5
<i>House-made ranch, seasonal vegetables</i>	

## FROM THE KITCHEN

Served 11 AM - 3:30 PM daily\*

<b>Grand Grilled PB&amp;J</b>	6.5
<i>House-made honey roasted peanut butter with a mixed berry jam and whole berries on thick-cut country white bread</i>	
<b>"Top Shelf" Grilled Cheese</b>	8
<i>Gouda, havarti, muenster, tomato, avocado, roasted pepper cilantro aioli</i>	
<b>Veggiesaurus Rex</b>	9.5
<i>Marinated yellow squash, zucchini, garlic, shallots, balsamic vinegar, fresh herbs, pesto, feta, roma tomatoes on rosemary sourdough</i>	
<b>The Firebird</b>	10
<i>Spicy marinated chicken, pepper jack cheese, guajillo sun-dried tomato aioli, poblano verde sauce, bibb lettuce, fajita veggies on brioche bun</i>	
<b>Carnivore's Delight</b>	11.5
<i>Pastrami, prosciutto, caper castlevetrano tapenade, basil, garlic dijon aioli, arugula, pear apple on jalapeño cheddar sourdough</i>	
<b>4-Cheese Mac n' Cheese</b>	9.5
<i>Sharp white cheddar, parmesan, romano, and asiago cheese in a béchamel sauce with seasoned bread crumbs</i>	

### Add-ons

Bacon	2
Avocado	1
Turkey/Ham	2

### SIDES

	Small	Large
Corn Chowder	3	6
Terra Chips	3	6
Fire-Roasted	3	6
Tomato Soup		

### FOR THE KITS

<b>Kits PB&amp;J</b>	5
<i>Artisan white bread with house-made spreads</i>	
<b>Kits Mac n' Cheese</b>	5
<i>White cheddar, parmesan, romano, asiago cheese mac</i>	
<b>Kits Grilled Cheese</b>	5
<i>A spectacular three-cheese grilled delight</i>	

\*Hours may vary. Please visit [sdnat.org](http://sdnat.org) for updated hours

Designed & developed by Chef Reid Nichols