

## SIGNATURE QUICHES

Our homemade quiches with French pie crust served with side of arugula, grape tomatoes, carrots & our balsamic vinaigrette. Add: cup of soup \$5.95

<b>QUICHE LORRAINE</b> with turkey bacon	11.50
♥ <b>QUICHE FLORENTINE</b> with spinach and turkey bacon	11.95
🌱 <b>SPINACH RICOTTA QUICHE</b>	11.95
🌱 <b>CARAMELIZED ONION QUICHE</b> with goat cheese	11.95
🌱 <b>MUSHROOM QUICHE</b>	11.50
🌱 <b>RED PEPPERS QUICHE</b>	11.50

**FOR CATERING ORDERS  
OR IN - HOUSE EVENTS  
Call Us 678.731.9020**

## KIDS MENU

<b>GRILLED CHEESE SANDWICH</b>	6.50
<b>FRESH BERRY CUP</b>	6.95
<b>PENNE PASTA</b> with choice of parmesan cheese or marinara (add grilled chicken \$4.95)	7.50

♥ -favorite 🌱 -veggie



**créma**  
espresso gourmet

**Coffee • Cuisine • Comfort**

## BRUNCH

Served all day

♥ <b>SUNSHINE AIOLI CROISSANT</b> pesto aioli, sliced hardboiled egg, cucumber, tomatoes, red onion & arugula	7.95
♥ <b>FRENCH STYLE EGG</b> served on French croissant or spinach wrap, egg, turkey bacon & cheddar cheese	7.95
🌱 <b>EGG SALAD SANDWICH</b> served on multigrain bread with cucumber & fresh arugula	9.50
<b>NEW YORK STYLE SMOKED SALMON</b> served on toasted plain bagel, cream cheese, red onion, sliced hardboiled egg, lemon & cucumber	11.50
<b>BAGEL SANDWICH</b> egg & cream cheese	7.50
<b>BAGEL</b> Plain/Everything/Cinnamon Raisin with choice of cream cheese/Butter/Jelly/Nutella	4.95
<b>SUNRISE BREAKFAST</b> Crema omelette, turkey bacon served with arugula side salad, home made tuna salad & our balsamic vinaigrette	13.95
🌱 <b>CHIA PUDDING</b> Made with chia seeds, coconut milk & honey topped with homemade granola and fresh berries	9.50
<b>NONFAT GREEK YOGURT</b> strawberries & our homemade granola	7.50
<b>CREMA OATMEAL</b> plain or sweetened, served with strawberries or blueberries	5.95

♥ -favorite 🌱 -veggie

## SALADS

Add Protein:

Grilled Chicken/Chicken Salad/Egg Salad/Tuna Salad \$5.50

Teriyaki Baked Salmon \$6.95

🌱 **CAESAR** chopped romaine lettuce, parmesan cheese, 10.50  
croutons & Caesar Dressing

🌱 **STRAWBERRY SPRING** arugula, carrots, walnuts, 12.95  
choice of feta or goat cheese & our Balsamic Vinaigrette

🌱 **GARDEN** chopped romaine lettuce, carrots, cucumber, 11.50  
grape tomatoes & our Italian Vinaigrette

**BAKED SALMON** chopped romaine lettuce, cucumber, 14.95  
grape tomatoes, red onion, kalamata olives, sliced lemon,  
teriyaki baked salmon & our Lemon Vinaigrette

🌱 **FARMER GOAT CHEESE** chopped romaine lettuce, 13.95  
♥ fresh arugula, raisins, mixed nuts, sweet potatoes,  
basil pesto & our Italian Vinaigrette

🌱 **GREEK** chopped romaine lettuce, cucumber, 12.95  
carrots, grape tomatoes, red onion, crumbled feta cheese,  
kalamata olives & our Italian Vinaigrette

🌱 **QUINOA & ARUGULA** green peas, chickpeas, almonds, 12.50  
♥ raisins & our Lemon Vinaigrette

🌱 **HALF SALAD** choice of Garden or Caesar 7.50

### PICK ANY 2

Half sandwich/Cup of soup/  
Half salad (Garden or Caesar)  
11.50

**TOMATO BASIL SOUP OR SOUP OF THE DAY**

cup 6.50 bowl 7.95

♥ -favorite 🌱 -veggie

## SANDWICHES

Add: choice of bottled water/soda can

and a bag of chips for \$3.50

♥ **SIGNATURE CHICKEN SALAD** with almonds served 10.95  
on a French croissant & grape tomatoes

🌱 **PESTO, MOZZARELLA & TOMATO PANINI** served 10.95  
on ciabatta with red onions, kalamata olives & fresh basil

🌱 **ISRAELI CIABATTA** served on an Italian ciabatta roll with 10.95  
hummus spread, egg, tomatoes, pickles & arugula

**CLASSIC TUNA SALAD** served on multigrain ciabatta, 10.50  
with red onion & tomatoes

♥ **FRENCH ROAST BEEF** served on an Italian ciabatta 12.50  
roll, with garlic aioli, red onion, pickles, tomatoes & arugula

**SPICY SOUTHERN PANINI** served on an Italian 11.50  
ciabatta with spicy aioli, turkey breast, tomatoes, red onion  
& mozzarella cheese.

🌱 **BRIE CROISSANT** red chili pepper spread & arugula. 8.95

**GRILLED CHICKEN** served on Rosemary Focaccia, with 11.45  
pesto aioli, roasted bell peppers & Italian parsley

## ITALIAN PASTAS

Add Half salad: choice of Garden or Caesar \$6.95

♥ **BASIL PESTO BOWTIE** (add grilled chicken \$5.50) 10.95

🌱 **CREAMY ROSE PASTA** (add grilled chicken \$5.50) 10.95

♥ -favorite 🌱 -veggie