

BREAKFAST

TWO POACHED EGGS

Served with fresh fruit and rustic toast or a hot buttermilk biscuit - **\$10.95**

add bacon /or/ shaved Tennessee country ham+ \$2

THE QEGr

Quinoa with kale and spinach topped with an olive oil fried egg - **\$10.50**

BUILD-YOUR-OWN SCRAMBLE

pick any four ingredients to be added to your scramble - **\$9.50**

Protein - bacon, smoked turkey, roasted chicken, Spanish chorizo, chicken sausage, country ham or grilled chicken

Cheese - Tillamook yellow cheddar, extra-sharp white cheddar, feta, gruyere, swiss or goat chese

Veggies - avocado, roasted cherry tomatoes, sun-dried tomatoes, mushrooms, baby kale, spinach, basil, caramelized onions, roasted peppers, or arugula

sub egg whites + \$1 | add biscuit or toast + \$1 | add baby greens or fruit salad + \$2

OLD-FASHIONED OATMEAL

Made to order just for you. Served with brown sugar, raisins and steamed milk. Please allow extra time for this item, as we make each bowl from scratch - **\$7.95**

add almonds /or/ walnuts + \$1.25 | add fresh berries \$2.50
add banana /or/ pure maple syrup + \$1.25

sub organic almond / soy / or coconut milk +\$1

HOMEMADE GRANOLA

We toast oats and whole almonds with honey and then add lots of plump dried apricots, cherries and cranberries. Served with milk /or/ non-fat yogurt - **\$8.25**

add banana + \$1.25 | sub organic almond /soy / or coconut milk +\$1

SEASONAL BREAKFAST PARFAIT

Annie's favorite cereal blend [oats, walnuts, flax, sesame and a bunch of other good stuff], layered with delicious fresh fruits and compotes, and non-fat yogurt - **\$8.95**

BAGELS

plain, poppy, sesame, everything, whole wheat

BAGEL ON ITS OWN - \$2 **TOASTED with butter and jam** - \$3

TOASTED with cream cheese and jam - \$4

Rising Hearts Bakery Gluten Free Bagels --- plain /or/ everything + \$1.50

ON THE SIDE

APPLEWOOD-SMOKED BACON - \$4

SHAVED TENNESSEE COUNTRY HAM - \$4

TOAST with butter and jam - \$1.50

SMOOTHIES

WEEDS spinach, kale, ginger, mint, avocado, orange juice, apple juice and lemon juice - **\$8.95**

BLACK & BLUE blackberries, blueberries, kale, banana and honey - **\$7.95**

MORNING GLORY mango, pineapple, banana, orange juice and coconut - **\$7.95**

ORANGE COUNTY carrot juice, orange juice, peaches and coconut milk - **\$8.95**

007 kale, banana, mango, peaches, apple juice, spirulina and a kick of cayenne pepper - **\$8.95**

BUNNY SHAKE choice of milk, banana, whey protein, ice and homemade chocolate sauce - **\$5.50**

fresh juices

FRESH SQUEEZED ORANGE JUICE - \$4.95 | \$6.95

CLEMENTINE BREAKFAST SANDWICH

Your choice of biscuit, bagel or toast; an egg scrambled or poached; sharp cheddar cheese; Put the Good Stuff on (first one is free) choice of applewood smoked bacon, Benton's Tennessee country ham, smoked turkey or avocado - **\$8.95**

add avocado + \$1 | add bacon /or/ smoked turkey+ \$2

OAK FITNESS SCRAMBLE

Three egg whites with basil, sun-dried tomato and a touch of feta cheese. Served with a slice of whole grain toast and baby greens. - **\$10.25**

sub fruit salad + \$2

ANNIE'S KICKSTARTER

Fried egg whites, pickled red chili, avocado and basil on whole grain toast - **\$8.25**

QUICHE WITH SALAD

Your choice of the day's quiche, served warm with a green salad and cornichons - **\$9.50**

TWO HOT BUTTERMILK BISCUITS

Served with butter, preserves and White Gold honey - **\$6.50**

THE RACHEL

Whole-wheat toast, side of avocado and a hard boiled egg - **\$5.95**

SAVORY FLATBREAD

a breakfast favorite! - **\$4.95**

Bacon Cheddar /or/ Chorizo & Pepperjack

FRIDAY SPECIALS

we serve breakfast until 2pm every Friday!

ART'S FRENCH TOAST

with vanilla mascarpone and strawberry compote - **\$12.95**

EGGS BENEDICT

Two poached eggs with Tennessee country ham and velvety hollandaise on a toasted English muffin, served with an arugula salad - **\$14.95**

CINNAMON ROLLS

With brown butter icing - plain or with raisins - **\$4.95**

BEVERAGES

HOUSE BLEND BREWED COFFEE - \$2.95 | **\$3.25**

ICED COLD BREW- \$4

AMERICANO (Hot or Iced) - \$3

LATTE - Small \$4.25 | Large \$4.50 | Iced \$4.50

CAPPUCINO - Small \$4.25 | Large \$4.50 | Iced \$4.50

CAFE MOCHA Made with our homemade hot chocolate
Small \$4.75 | Large \$5 | Iced \$4.75

MATCHA - Small \$4.25 | Large \$5.25 | Iced \$4.95

HOMEMADE CHAI with your choice of milk /or/ soy
Small \$4.25 | Large \$4.95 | Iced \$4.50

HOMEMADE HOT CHOCOLATE
with homemade marshmallows - \$4.50 | **\$5.50**

ORGANIC LOOSE LEAF TEAS

Earl Grey, English Breakfast, Emerald Green, Mint (caffeine-free), chamomile (caffeine free) - **\$3.75** | **\$4.75 (TEA LATTE)**

sub organic almond / soy / or coconut milk for any beverage + \$1

SANDWICHES

Substitute Rising Hearts Gluten-free bread for + \$1

TURKEY & SWISS

with coleslaw and sweet-hot mustard on soft
pumpkin bread - **\$12.95**
add bacon + \$2

CHICKEN CHIPOTLE

Grilled chicken breast marinated in smoky sauce, with cilantro slaw
and creamy avocado dressing on semolina bread - **\$13.50**

RARE ROAST BEEF

Our house-roasted top round,
with horseradish mustard dressing*, marinated onions
and arugula on rustic bread - **\$13.95**

*contains uncooked egg yolk

CAULIFLOWER POWER VEGAN

Grilled cauliflower with zesty vegan cashew cheese and wilted
arugula on toasted wheat levain bread - **\$13.50**

HAM & PIMENTO CHEESE

The best pimento cheese this side of North Carolina, paired with
smoked ham and topped with pickled jalapeños, avocado, lettuce on
wheat levain - **\$12.95**

TUNA DELUXE

Tuna salad, sun-dried tomatoes, arugula and basil on toasted olive
bread - **\$13.50**

GRILLED VEGETABLE VEGAN

with hummus, chunky artichoke relish and greens on toasted wheat
levain - **\$12.95**

CLEMENTINE CHICKEN SALAD

Our signature chicken salad made with roasted chicken breast,
apples, flame grapes, celery, celery root, scallions and
mayo, served with watercress on pecan-raisin bread - **\$13.50**

EGG SALAD

with a touch of red onion, topped with watercress
and cornichons on country white bread - **\$12.95**

SMOKED TURKEY

with roasted tomato mayo, avocado and super greens on
wheat levain - **\$12.95**

CLEMENTINE COMBO - **\$13.95**

[Available from 11am-close]

1/2 any regular sandwich

cup of soup /or/ a baby greens salad /or/ Súper-César
cookie /or/ fountain soda /or/ iced tea

Substitute a butterscotch /or/ chocolate brownie + \$1

Upgrade to a medium size soup + \$1 | large + \$2

Substitute ginger-limeade /or/ an Arnold Palmer + \$1

Rising Hearts Gluten-free bread for + \$1

kids' SANDWICHES

with snack choice of orange slices or apple slices or carrot sticks

GRILLED CHEESE

yellow cheddar on country white bread - **\$6.95**

TURKEY SANDWICH

on white or wheat bread with /or/ without mayo - **\$6.95**

PB&J

on white or wheat bread - **\$6.95**

HOT SANDWICHES

ROAST BEEF OR TURKEY CALIENTE

Our house-roasted top round / or / smoked turkey grilled with
avocado, red onions, pickled jalapeños, lettuce and mayo on toasted
rustic bread - **\$13.95**

BELLA VEGAN VEGAN

Grilled portabella mushrooms, basil mayo, roasted cherry tomatoes
and super greens on toasted wheat levain - **\$13.95**

TUNA MELT

Tuna mixed with onions, pickles and roasted tomato mayo, melted
with sharp cheddar on wheat levain - **\$12.95**

GRILLED WHITE CHEDDAR

Extra-sharp Tillamook cheddar on country white bread - **\$8.95**

add roasted cherry tomatoes + \$1

add bacon + \$2

BUILD-YOUR-OWN GRILLED CHEESE - **\$8.95**

BREAD

country white, wheat, whole grain or olive

CHEESE [choose 1]

Tillamook yellow cheddar, extra sharp white cheddar,
gruyère, swiss or feta

ADD-ONS

Smoked turkey, roast beef or grilled chicken breast + \$3

Bacon + \$2

Sautéed mushrooms, roasted cherry tomatoes,
caramelized onions, avocado, artichoke hearts, basil
or spinach + \$1

THE WORKS

Mayo, pickled jalapeños, red onion and lettuce + 50¢

2 FOR \$12

1/2 of any regular sandwich + side of one of our specialty
deli salads in the case! Mix + Match to your heart's content!

eat more COOKIES

CHOCOLATE CHIP **\$2.50**

MONSTER COOKIE (Gluten-Free) **\$2.25**

SNICKERDOODLE **\$2.00**

MRS. MILLER'S CHEWY COCONUT RAISIN **\$2.25**

PEANUT BUTTER SANDWICH **\$2.25**

OATMEAL SANDWICH COOKIE

with Chocolate Ganache /or/ Marshmallow Creme **\$2.25**

CHOCOLATE BROWNIE

with Pecans **\$3.75**

BUTTERSCOTCH BROWNIE

with Walnuts **\$3.25**

BANANA CAKE WITH CREAM CHEESE FROSTING **\$4.75**

LEMON BAR **\$2.95**

APPLE TURNOVER **\$4.50**

CITRUS CAKE **\$3.50**

VEGAN WHOLE GRAIN BAR **\$3.25**

PASSION FRUIT SILK TART **\$5.25**

CHOCOLATE TRUFFLE TORTE **\$7.95**

Clementine Eaters 

featured in the deli case

SPECIALTY SALADS

(Small/Large)

CLEMENTINE CHICKEN SALAD

Our signature chicken salad made with roasted chicken breast, apples, flame grapes, celery, celery root, scallions and mayo - ~~\$5.95~~ | ~~\$11.95~~

GREEN GOODNESS VEGAN

Edamame, sugar snap peas, broccoli, sorrel and mint, with lemon vinaigrette - ~~\$5.95~~ | ~~\$11.95~~

CURRY-ROASTED CAULIFLOWER VEGAN

with cilantro - ~~\$5.50~~ | ~~\$10.95~~

QUINOA SALAD VEGAN

with shaved brussels sprouts, radicchio, flame raisins, toasted hazelnuts and sherry vinaigrette - ~~\$5.50~~ | ~~\$10.95~~

ROASTED BEETS

with clementines, avocado, goat cheese and toasted walnuts - ~~\$6.95~~ **servings**

WHOLE WHEAT FUSILLI VEGAN

with charred baby broccoli, lemon zest and crispy garlic - ~~\$5.25~~ | ~~\$10.25~~

CRUNCHY BOK CHOY VEGAN

with dried plums and ginger vinaigrette - ~~\$5.25~~ | ~~\$10.25~~

SOBA NOODLES WITH CHICKEN

with scallions and sesame-ginger vinaigrette - ~~\$5.50~~ | ~~\$10.95~~

SEASONAL FRUIT SALAD - ~~\$4.95~~ | ~~\$9.75~~ VEGAN

EGG SALAD

with a touch of red onion - ~~\$5.95~~ | ~~\$11.95~~

TUNA SALAD

with red onion, pickles and roasted tomato mayonnaise - ~~\$5.95~~ | ~~\$11.95~~

DEVILED EGGS

with radish and chives - ~~\$1.25~~ each | ~~\$15~~/dozen

GRILLED CITRUS-MARINATED CHICKEN BREAST

served on a bed of arugula with remoulade- ~~\$9.50~~

POACHED WILD KING SALMON

poached with lemon zest and herbs, served with shallot crème fraîche- ~~\$16.95~~

ANNIE'S CHEESY MEATLOAF

Made with pork, beef and chunks of cheddar cheese, Annie's mom says: "It's even better than mine!" - small ~~\$9.75~~ | large ~~\$16.95~~

GARDEN SALADS

THE FRESHEST COBB

Crunchy romaine and delicate watercress, with chicken, avocado, bacon, egg and blue cheese with blue cheese vinaigrette - ~~\$13.95~~

GREEK SALAD

Romaine with feta, hearts of palm, chickpeas, cucumbers, red cabbage, olives with oregano vinaigrette - ~~\$12.95~~

CITRUS CHICKEN SALAD

Spicy greens, romaine, grilled citrus-marinated chicken, clementines, cucumbers, carrots, edamame, spiced almonds, scallions and herbs with citrus vinaigrette - ~~\$13.95~~

LOVELY GARDEN SALAD VEGAN

Arugula, baby spinach and endive, with roasted ruby grapefruit, roasted beets, shallots & toasted pistachios with grapefruit vinaigrette - ~~\$13.95~~

SÚPER-CÉSAR

Crunchy romaine, super greens, shaved parmesan, croutons and garlicky parmesan dressing - ~~\$6.50~~ | ~~\$9.50~~

BABY GREENS (Small/Large)

with balsamic vinaigrette and whole grain croutons - ~~\$5.25~~ | ~~\$7.50~~

GARDEN SALAD ADD-ONS

A scoop of Clementine chicken, tuna /or/ egg salad + ~~\$3.50~~

Grilled chicken breast + ~~\$4~~

Roasted cherry tomatoes /or/ avocado + ~~\$1~~

Roasted chicken breast /or/ smoked turkey + ~~\$3~~

fresh, hot SOUPS

Made from scratch every day! Visit ClementineOnline.com to see today's choices.

cup ~~\$4.50~~ | med ~~\$5.50~~ | large ~~\$6.50~~

bread and butter can be included with any of our soups and salads - just ask!

SALAD COMBOS

3-SALAD COMBO

Make a delicious plate with any three of our specialty salads /or/ two specialty salads with baby greens/or/Súper-César - ~~\$14.50~~

2-SALAD & SOUP COMBO

Two of our specialty salads with a cup of today's soup - ~~\$14.50~~

PICK-YOUR-PROTEIN PLATE

Your choice of chicken or steak grilled to order or poached salmon & any two specialty salads from our deli case! chicken ~~\$14.50~~ | steak ~~\$16.50~~ | poached salmon ~~\$18.50~~

BEVERAGES

(Small/Large)

 **FRESH GINGER-LIMEADE**
Our house specialty - Ind. \$3.25 | Pint \$3.50 | Quart \$6.50

TROPICAL ICED TEA - Ind. \$2.25 | Pint \$3 | Quart \$5

ARNOLD PALMER -
Ind. \$3 | Pint \$3.25 | Quart \$6.25

CRIMSON ICED TEA - \$2.25

 **FRESH-SQUEEZED ORANGE JUICE** - Ind. \$4.95 | Pint \$6.95 | Quart \$11.95

FOUNTAIN SODAS - \$2
Coke / Diet Coke / Sprite / Dr. Pepper / Fanta Orange

SPECIALTY BOTTLED SODAS - \$3 | \$3.50

 **HOMEMADE HOT CHOCOLATE**
with homemade marshmallows - \$4.50 | \$5.50

JUICES

THE FIXER
green apple, lemon, ginger & cayenne pepper - \$7.95

 **VIRTÙ VERDI**
kale, apple, spinach, romaine, cucumber, parsley, celery & lemon - \$7.95

BENEDICT CUMBERPIÑA
pineapple, cucumber, apple, lemon & mint - \$7.95

GINGER LAROUX
carrots, ginger, lemon & oranges - \$7.95

BETABELLE
beets, ginger, lemon & green apples - \$7.95

COFFEE & TEA

(Small/Large)

HOUSE BLEND BREWED COFFEE - \$2.95 | \$3.25

AU LAIT - \$3.50 | \$4

LATTE - \$4.25 | \$4.50

CAPPUCINO - \$4.25

MACCHIATO - \$3.25

CAFE MOCHA
Made with our homemade hot chocolate - \$4.75 | \$5

ICED COLD BREW - \$4

ICED LATTE/CAPPUCINO - \$4.50

ICED MOCHA - \$4.75

ESPRESSO [hot or iced] - \$3

AMERICANO [hot or iced] - \$3

MATCHA LATTE - \$4.25 | \$5.25

ICED MATCHA LATTE - \$4.95

HOMEMADE CHAI
with your choice of milk or soy - \$4.25 | \$4.75

ICED HOMEMADE CHAI with your choice of milk or soy - \$4.50

ORGANIC LOOSE LEAF TEA - \$3.75

EARL GREY **PEPPERMINT** [caffeine-free]
ENGLISH BREAKFAST **CHAMOMILE** [caffeine-free]
EMERALD GREEN

sub organic almond / soy / or coconut milk for any beverage + \$1

BAKED GOODS & DESSERTS

all of our pastries are prepared fresh daily - so when we run out, we run out.

APPLE TURNOVER - \$4.50

CITRUS CAKE - \$3.50

BANANA CAKE WITH CREAM CHEESE FROSTING - \$4.75

VEGAN WHOLE GRAIN FRUIT BAR
- \$3.25

LEMON BAR - \$2.95

PASSION FRUIT SILK TART - \$5.25

CHOCOLATE TRUFFLE TORTE - \$7.95

KEY LIME PIE - Slice \$5.50 | Ind. \$9.50 | Whole \$26

BANANA CREAM PIE - Slice \$5.50 | Ind. \$9.50 | Whole - \$26

CHOCOLATE BROWNIE WITH PECANS - \$3.75

BUTTERSCOTCH BROWNIE WITH WALNUTS - \$3.25

DARK, RICH CHOCOLATE OR CREAMY, DREAMY VANILLA PUDDING
- \$5.95

PARFAITS Caramel Banana Walnut or Chocolate Brownie - \$6.50

CUPCAKES selection varies daily - \$3.25

SPECIAL OCCASION LAYER CAKES*
Dark Chocolate, German Chocolate, Red Velvet, Coconut Snowflake, Yellow or Banana - six inch \$30 | eight inch \$48 | ten inch \$72
*requires 48 hours notice

BAKE-AT-HOME COOKIE DOUGH - \$10

We offer a variety of cakes, pies and cupcakes every day. Please check the pastry counter to see what our daily specials are!