bacon, egg, and cheddar cheese sandwich
ham, egg, and cheddar cheese sandwich
hot oatmeal with dried fruit
bagel with cream cheese
FRUIT CUP OR YOGURT PARFAIT

BREAKFAST:
- Bacon, Egg & Cheese on a Croissant
- Sausage, Egg & Cheese on a Croissant
- Egg & Cheese on a Croissant
- Hot Oatmeal with Dried Fruit and Brown Sugar
- Bagel with Cream Cheese
- Fruit Cup or Yogurt Parfait

CAFE & TEA:
- Cappuccino
- Decaf Coffee
- Caffe Mocha
- Caffe Latte
- Espresso
- iced caffe mocha
- iced caffe latte
- iced coffee
- iced tea

WINE BY THE GLASS:
- Sparkling Wine - Gloria Ferrer Va De Vi, Carneros, CA
- Sauvignon Blanc - Avalon, CA 2011
- House White
- Chardonnay - Folie a Deux, Russian River Valley, CA 2012
- House Red
- Syrah - 6th Sense, Lodi, CA 2009
- Malbec - Lockwood, Monterey, CA 2009
- Cabernet Sauvignon - Split Creek Farms, North Coast, CA 2011
- Zinfandel - Zen of Zin, CA 2011

WINE BY THE GLASS - Specialties
- MOSCOW MULE
- DEL MAR GIMLET
- STONE BLOODY MARY
- MARGARITA SOL
- MARGARITA SOL
- STONY BLOODY MARY

COCKTAILS:
- STONE BLOODY MARY
  Aylesbury Duck Vodka, Homemade Bloody Mary mix, fresh lime
- MARGARITA SOL
  Don Julio Reposado Tequila, fresh lime juice, Contrapuro, orange twist
- DEL MAR GIMLET
  Hendricks Gin, St. Germain Elderflower Liqueur, lime, muddled cucumber and basil
- MOSCOW MULE
  Russian Standard Vodka, fresh lime, Ginger Beer
- STRAWBERRY WHISKEY SMASH
  Bulleit Bourbon, Fresh Lemon, Muddled Strawberry and Mint.
- STRAWBERRY WHISKEY SMASH
  Bulleit Bourbon, Fresh Lemon, Muddled Strawberry and Mint.

SALADS:
- MEDITERRANEAN SALAD
  Local Greens, Tomato, Garbanzo Beans, Flatbread Chips, Feta, Red Onion, Salami
- CAESAR SALAD
  Romaine, Parmesan, Herb Croûtons, Marinated Tomato
- KALE & RADICCHIO SALAD
  Prosciutto, Parmesan, Radicchio, Aged Balsamic

ITALIAN MEAT:
- Ham, Salami, Mortadella, Provolone, served with a green salad

APPETIZERS:
- HOUSEMADE HUMMUS
  Unique flavors made fresh daily served with barley cracker bread
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OUR PHILOSOPHY:
Slow Food promotes getting “back to the table” and celebrates artisanal, natural, and old-world approaches to food. We draw our menu’s inspiration from cultures all over the world, while our ingredients come to us from nearby small organic farms, including our own Stone Farms in Escondido. Our focus on fresh, local and organic food isn’t because we’re health nuts, it’s because we’re quality nuts!