FLAT IRON PLATE

SANDWICHES & WRAPS

ROASTED VEGGIE WRAP - 8.95
roasted eggplant, zucchini, yellow squash, peppers, mozzarella and mixed greens on ciabatta

CHICKEN CAESAR WRAP - 8.95
herb grilled chicken, romaine, tomato and creamy caesar dressing

CAJUN CHICKEN WRAP - 8.95
swiss cheese, lettuce, tomato and ranch dressing

TOMATO AND MOZZARELLA PANINI - 8.95
fresh mozzarella and pesto-mayo on ciabatta

TURKEY PANINI - 9.95
smoked turkey, bacon, cheddar, tomato,chipotle mayo on ciabatta

CHICKEN PESTO PANINI - 9.95
spinach, tomato, romano cheese and pesto mayo on ciabatta

TUNA MELT - 9.95
cheddar melted on ciabatta

B.L.T. on multigrain bread **- 8.95**

GRILLED CHEESE on multigrain bread **- 7.50**

SALADS

CHICKEN CAESAR - 10.95
romaine, grilled chicken, shredded parmesan and croutons w/ creamy caesar dressing

COBB - 11.95
romaine, chicken, bacon, avocado, Roquefort, tomato, cucmber, onion, w/balsamic vinaigrette

POACHED PEAR - 10.95
mixed greens, roquefort, cranberries, walnuts, champagne vinaigrette - **add chicken 3.00**

SMOOTHIES

16oz 7.50 / 20oz 9.50

BETTER BUTTER
almond butter, banana, dark chocolate, raw agave, cinnamon and almond milk

SKINNY CHIA
berry, banana, chia seeds, lemon and water

MAUI WOWIE
mango, pineapple, strawberry and coconut water

GREEN TEAM
spinach, kale, cucumber, green apple, pineapple, and almond milk

CREATE YOUR OWN - banana plus any 2 toppings

GREEK YOGURT 6.75

FIG/GRANOLA
granola, dried figs and raw honey

PEANUT BUTTER/JELLY
sour cherries, peanut butter and peanuts

OR CREATE YOUR OWN

BAKERY

PASTRIES & COOKIES - 2.95 & up
BAGEL W/ BUTTER - 1.50 add cream cheese - 1.45

@FLATIRONPLATENY

BREAKFAST

(AVAILABLE ALL DAY)

CLASSIC EGG SANDWICH - 3.25
two organic eggs any style
choice of bagel, english muffin or 7 grain bread

ADD ONS

- gluten free bread - 1.00
- croissant - 1.50
- wrap - .50
- on ciabatta - .85
- egg whites - 1.00
- bacon or sausage - 1.50
- turkey bacon - 1.50
- tomato - 0.75
- cheese - 1.00
- avocado - 1.50

HAM AND SWISS CROISSANT - 5.95

AVOCADO TOAST - 8.95
add 2 eggs - 2.00

PEANUT BUTTER & JELLY on multigrain bread **- 5.95**

HOT DRINKS

MUD COFFEE - 2.50 / 3.50
MUD MOCHA - 2.95 / 3.75
MUD MAPLE - 2.95 / 3.75
HOT APPLE CIDER - 3.10 / 3.85
CHAI - 4.35 / 5.10
DIRTY CHAI - 5.85 / 6.60
HOT CHOCOLATE - 3.35 / 4.25
LOOSE LEAF TEAS - 3.10
yerba mate, peppermint, blood orange, green bancha, chamomile, irish breakfast, earl grey

ESPRESSO

MUD MOJO - 2.90
BREVE - 3.40
CORTADO - 3.90
LATTE - 4.15 / 4.90
CAPPUCCINO - 4.15 / 4.90
MAPLE LATTE - 4.65 / 5.40
RED EYE - 3.65 / 4.40

ADD INS
Espresso Shot - 1.75
Chocolate, Carmel, Vanilla, Hazelnut, or Maple Syrup - 0.50
Soy or Almond Milk - add 0.50
Oat Milk - add 0.75

MAKE ANY OF THE ABOVE ICED - ADD .75

CEREMONIAL GRAY MATCHA (Hot or Cold) - 4.50

COLD DRINKS

MUD MOJO ICED - 2.80 / 3.95
ICE TEA - 2.50 / 3.00
LEMONADE - 3.50 / 4.00
SPRING WATER - 2.00
SODA - 2.00

FRESH JUICES

WATERMELON COOLER - 16oz 9.95
100% pure hydrating watermelon juice, ginger and lemon juice

FOREST GREEN - 16oz 9.95
kale, spinach, parsley, lemon, green apple and aloe vera

FRESH ORANGE JUICE - 10oz 6.25 / 16oz 7.25

BEER/WINE

BEER - 6.00
WINE - 7.00
BOTTLE OF WINE - 25.00
CHAMPAGNE - 7.00
MIMOSA - 8.00