

Breakfast

Served All Day

Breakfast Panini

Served with fresh fruit

Bacon, egg and cheese on wheat – 6.09

Sausage, egg and cheese on sourdough – 6.09

Ham, egg, and cheese on croissant – 6.09

Pepper jack cheese, egg & avocado on cracked pepper bun – 6.09

Jalapeno Bacon, egg white, red pepper, spinach cheese on wheat – 6.19

Egg and Cheese on sourdough – 5.19 (v)

Grilled Wraps

Served with fresh fruit

Spinach Wrap - Egg white, mushroom, feta cheese, tomato and baby spinach in a tortilla - 6.89 (v)

Breakfast Burrito - Eggs, tomato, red onion, sausage, cheddar cheese and salsa in a tortilla - 6.89

Veggie Burrito - Eggs, cheddar cheese, black beans, tomato, red onion and salsa in a tortilla - 6.79 (v)

Other Options

Scrambler Plate - Eggs, spinach, tomato, mushrooms, and cheddar cheese. Served with fresh fruit - 6.69

Spicy Scramble – Eggs, spinach, jalapeno, black beans, jalapeno bacon, onion, and pepper jack cheese. Served with fresh fruit – 6.99

Bagels

Bagel & Lox - Smoked Salmon, cream cheese, cucumber & red onion on a toasted bagel. Served with fresh fruit - 7.49

Bagel with Cream Cheese - 2.59 Add peanut butter or hummus for .75

Bagel Melts – 5.09

On choice of Bagel

Bacon, tomato and melted cheddar

Avocado, tomato, onion, cheddar cheese, salt & pepper

Pesto, tomato, baby spinach, and mozzarella

Sandwiches & Wraps

Served with chips

Cold Sandwiches & Wraps

Chicken Salad with toasted pecans & seedless red grapes. Our signature sandwich served with lettuce and tomato on your choice of bread – 8.09

Egg Salad - Homestyle egg salad with green peppers served with lettuce and tomato on your choice of bread – 7.29 (v)

Turkey Club - sliced turkey, bacon, herb mayo, lettuce, and tomato on toasted sourdough – 8.19

Spicy California BLT - Jalapeno Bacon, pepper jack cheese, lettuce, tomato, jalapeno ranch, and avocado on toasted wheat – 8.19

Greek Chicken Wrap - grilled chicken, baby spinach, tomato, onion, cucumbers, feta cheese, pepperoncini, and Greek vinaigrette in a tortilla – 8.09

Hummus Wrap - hummus, cucumbers, tomato, onion, black beans, carrots, baby spinach, and balsamic dressing in a tortilla – 8.09 (v)

Ultimate Club Wrap – Turkey, Ham, bacon, cheddar, herb mayo, avocado, lettuce, and tomato in a tortilla - \$8.79

Hot Sandwiches & Wraps

Meatloaf - Our homemade meatloaf, lettuce, tomato, onion, and herb mayo on grilled ciabatta - 8.49

Spicy Pimento Cheese - Housemade spicy pimento cheese, tomato, and jalapeno bacon on grilled sourdough – 8.09

Hawaiian Ham – Ham, pineapple, jalapeno bacon, mozzarella, and herb mayo on grilled croissant – 8.19

Southwestern Chicken Wrap - grilled chicken, black beans, onion, rice, pepper jack cheese, tomato, and jalapeno ranch in a tortilla - 8.49

Turkey Brie & Raspberry or Ham Brie & Raspberry - Sliced turkey or ham, brie cheese & raspberry spread on grilled croissant - 7.99

Caprese - Sliced mozzarella, tomatoes, pesto, and baby spinach on grilled sourdough - 7.99 (v)

Roast Beef & Cheddar - Sliced roast beef, onion, tomato, cheddar cheese, and herb mayo on a grilled cracked pepper bun - 8.39

Tuna Melt - Albacore tuna with mozzarella cheese melted on ciabatta - 7.99

Spicy Veggie Burger - black bean burger, bistro sauce, lettuce, tomato, and onion on a grilled cracked pepper bun – 8.09 (v)

Chicken Parmesan - grilled chicken, marinara, pesto, and mozzarella cheese melted on ciabatta – 8.09

Veggie Melt Wrap - Pesto, baby spinach, roasted red peppers, green peppers, onion, mushrooms, tomato, and mozzarella on grilled tortilla - 7.99 (v)

Add Extra meat to any sandwich or wrap for 2.00

Half sandwich – your choice served with chips – 5.19

Salads

Mosaic Salad - mixed greens with carrots, mandarin oranges, dried cranberries, sliced almonds, and choice of grilled chicken or scoop of chicken salad with peanut thai dressing - 8.99

Trio Salad - Scoops of egg salad, chicken salad and pasta salad over lettuce with sliced tomato - 8.99

Fiesta Salad – grilled chicken, black beans, onion tomato, cheddar cheese, tortilla chips, over mixed greens served with salsa and jalapeno ranch - 8.99

Classic Cobb - grilled chicken, tomato, crumbled blue cheese, bacon, hard boiled eggs, and avocado over mixed greens - 8.99

Greek Salad – tomato, black olives, cucumber, onion, pepperoncini, and feta over mixed greens with greek dressing - 8.49 (v)

Half Salad – your choice – 5.09 (excludes Trio)

Dressings - Balsamic Vinaigrette, Ranch, Greek, Jalapeno Ranch, Blue Cheese, or Peanut Thai

Add Chicken, Turkey, Ham, or Roast Beef to any salad for an additional 2.00

Combos & Soup

Soup & Half Sandwich or Half House Salad – 8.09 upgrade to specialty salad above (excludes Trio) for additional 1.50

Soup of the Day – Cup 3.99 – Bowl 4.99

Kid's Menu – 4.99

Served with mandarin oranges and juice box

Grilled Cheese or Peanut Butter and Jelly on choice of bread

Half turkey or ham and cheese on choice of bread

Housemade Sides

Pasta Salad, Salsa with Tortilla Chips, or Spinach Dip with Tortilla Chips 1.39 or as upgrade to meal **ADD 0.59**

OR

Fruit Salad, Pimento Cheese and Tortilla Chips, or Hummus and Tortilla Chips 1.89 or as upgrade to meal **ADD 1.39**

Smoothies

6.59

Green Smoothie - spinach, kale, banana, peanut butter, honey, almond milk

Mixed Berry Oat – mixed berries, oats, yogurt, almond milk and vanilla whey protein

Chocolate Whey - chocolate whey protein, banana, peanut butter, and almond milk

Berry Avocado - mixed berries, spinach, avocado, yogurt, almond milk, and vanilla whey protein

Peach – peaches, yogurt, agave, and milk

Orange Creamsicle – orange juice, mango, peaches, strawberries, and vanilla whey protein

Strawberry Banana – strawberries, banana, yogurt, agave and milk

Peanut Butter & Jelly - blueberries, peanut butter, oats, vanilla whey protein, and almond milk

Add Protein for 0.99



Coffee

Brewed Coffee – Locally Roasted, Fair Trade, and Organic – 12oz 1.69 – 16oz 2.19 – 20oz 2.69

Espresso – Single 0.95 – Double 1.79 – Triple 2.49

Americano – 12oz 1.89 – 16oz 2.69 – 20 oz 2.99

Cappuccino or Latte – 12oz 3.29 – 16oz 3.89 – 20oz 4.39

Iced Latte – 3.99

Cold Brewed Coffee – 3.59

Syrup Flavors – 0.50/ea
Sugar Free flavors available

Tea & More

Organic Hot Tea – 2.49

Iced Tea – 1.79

Frozen Chai – 6.29

Iced Chai – 4.39

Chai Latte – 12oz 3.99 – 16oz 4.49 – 20oz 4.99

Hot Chocolate – 12oz 3.39 – 16oz 3.69 – 20oz 4.29



One Town Square Blvd. Suite 150

Asheville, NC 28803

Phone: 828.676.2446

ILoveMosaicCafe.com

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MONDAY-FRIDAY 7am-3pm

SATURDAY 9am-4pm

