

NOSH • NIBBLES • NOMS



THE FLYING SQUIRREL

OPEN 7 DAYS A WEEK 10 AM - 4 PM*

DRINKS

CUPPA' JOE

	Small	Large
Espresso	3	
Drip Coffee	2	2.5
Americano	3	3.5
Cappuccino	4.75	5.25
Latte	5	5.5
Mocha	5.25	5.75



ADD ESPRESSO SHOT (+1.50)

{ ON THE ROCKS }

Iced Drip Coffee	3	3.5
Cold Brew	4.5	5
Iced Latte	5	5.5
Iced Mocha	5.25	5.75

THIRST QUENCHING

{ FRESHLY MADE }

Lavender Lemonade	5	6
Strawberry Lemonade	5	6
Iced Tea	3	3.5



{ BOTTLED UP }

Apple Juice	1.5	2.75
Coconut Water		4
GT's Kombucha		5
Horizon Organic Milks	3.75	
Naked Juice Smoothies	5.5	
Sparkling Water	3	
Still Water	2	
Mi Mate (Yerba Mate)	5	

FROM THE KITCHEN

Served 11 AM - 3:00 PM daily*

Select Items can be made Gluten Free and Vegan = GF/V

Grand Grilled PB&J **GF - 7.5**

House-made honey roasted peanut butter with seasonal jam and fresh berries on thick-cut country white bread

"Top Shelf" Grilled Cheese **GF/V - 9.5**

Gouda, provolone, muenster, tomato, avocado, roasted pepper cilantro aioli

Veggiesaurus Rex **GF/V - 9.5**

Marinated yellow squash, zucchini, garlic, shallots, balsamic vinegar, fresh herbs, pesto, feta, roma tomatoes on rosemary sourdough

The Firebird ***GF/V - 10.5**

Spicy marinated chicken, pepper jack cheese, guajillo sun-dried tomato aioli, poblano verde sauce, bibb lettuce, fajita veggies on brioche bun

Carnivore's Delight ***GF - 12**

Pastrami, prosciutto, gruyere, caper castlevertrano tapenade, basil, chive dijon aioli, arugula, Asian pear on jalapeño cheddar sourdough

4-Cheese Mac n' Cheese **9.5**

Sharp white cheddar, parmesan, romano, and asiago cheese, béchamel sauce with seasoned bread crumbs and fresh herbs

Sub - Beyond Patty* **3.5**

SIDES	Small	Large	Add-ons	
Corn Chowder	3	6	Bacon	2
Terra Chips	3	6	Avocado	2
Chef's Seasonal	3	6	Turkey/Ham	2
Soup			Beyond Burger	5
			Chicken	3.5

FOR THE KITS

Kits PB&J **5**

Artisan white bread with house-made spreads

Kits Mac n' Cheese **5**

White cheddar, parmesan, romano, asiago cheese with bread crumbs

Kits Grilled Cheese **5**

A spectacular grilled three-cheese delight

GRAB + GO

FRESH+SEASONAL+Rotating

Items made fresh daily, selections subject to availability

For information on our seasonal Grab n' Go selections visit:

www.sdnhm.org/visit/amenities/the-flying-squirrel-cafe/

*Hours may vary. Please visit sdnat.org for updated hours

Designed & developed by Chef Reid Nichols & The Flying Squirrel Team