BEVERAGES

COFFEE/DECAF 8 oz | \$1.00 12 oz | \$3.25 16 oz | \$3.60 20 oz | \$3.85

ESPRESSO double | \$3.00 single | \$2.00

AMERICANO 12 oz | \$2.75 16 oz | \$3.50

CAPPUCCINO/FLAT WHITE 8 oz | \$3.25

LATTE (HOT OR ICED) 12 oz | \$3.25

ICED COFFEE 16 oz | \$3.50

HOT TEA assorted flavors 16 oz | \$2.00 20 oz | \$2.50

ICED TEA

16 oz | \$3.00 20 oz | \$3.75

ASSORTED BOTTLED BEVERAGES \$2.50-\$4.00

BREAKFAST

HOUSE-MADE MUFFIN | \$2.50

BAGEL | \$1.50

CROISSANT | \$2.00

DANISH | \$2.25

BOILED EGGS (2) | \$2.00

SNACKS & SIDES

SOUP OF THE DAY 8 oz | \$2.50 16 oz | \$4.00

HUMMUS & PITA BREAD | \$5.00

VEGGIE CRUDITE | \$4.00

PROTEIN BAR | \$2.50



EGG & CHEESE SANDWICH | \$3.00

served hot on a croissant, or bagel, add turkey sausage | \$1.00

OATMEAL | \$2.00

CREAMY GRITS | \$2.00



PROTEIN PACK | \$6.00 turkey pepperoni, cheese, sweet & spicy nuts

FRUIT & YOGURT PARFAIT | \$4.00

FRESH MIXED FRUIT CUP | \$2.50 - \$3.50

WHOLE FRUIT | \$1.00

SALADS

ASIAN KALE SALAD | \$6.50

kale, sweet red pepper, red onions, olive oil, soy sauce, lemon juice, garlic powder

COBB SALAD | \$9.00 mixed greens, cubed roasted turkey, diced cucumbers & tomatoes. mixed shredded mozzarella & cheddar cheese. crumbled turkey bacon, boiled eggs

CHICKEN CAESAR SALAD | \$8.00 romaine, grilled chicken, parmesan crisps, garlic croutons

CAESAR SALAD | \$6.50 romaine, parmesan crisps, garlic croutons

CURRIED CHICKPEA SALAD \$4.00 chickpeas, cucumber, green bell peppers, red onions. tomatoes. lemon herb vinaigrette

SANDWICHES & MORE

FEATURED ITEM

CORNED BEEF REUBEN | \$7.50 corned beef. swiss cheese. sauerkraut, and russian dressing, on rye bread served hot

CHICKEN PESTO \$7.50

marinated chicken breast. roasted red bell peppers, pesto, and provolone cheese served on a whole grain wheat roll served hot

STEAK AND CHEESE \$7.50

shaved ribeye, bell pepper medley, onions, and provolone served on a whole grain wheat roll served hot

CHEESE PIZZA served hot | \$6.00

PEPPERONI PIZZA served hot | \$7.00

FEATURED ITEM

AUTUMN CHICKEN SALAD SANDWICH | \$7.50 red grapes, pecans, chunk chicken, onions, celery, mayonnaise, served on croissant roll

ROASTED VEGETABLE WRAP \$7.50

zucchini, yellow squash, portobello mushroom, red onions, asparagus and hummus in a spinach tortilla

OVEN-ROASTED TURKEY WRAP \$7.50

turkey, swiss cheese, tomato, red onions, lettuce, honey mustard dressing, sundried tomato tortilla

TUNA SALAD | \$7.50

hand-flaked white tuna with celery, onion, lettuce, tomato, and herb mayo on a croissant



