

# BEVERAGES

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## COFFEE/DECAF

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

## ESPRESSO

single | \$2.00 double | \$3.00

## AMERICANO

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

## CAPPUCCINO/FLAT WHITE

8 oz | \$3.25

## LATTE (HOT OR ICED)

12 oz | \$3.25

## SEASONAL

### PUMPKIN SPICE LATTE

12 oz | \$4.00

## SEASONAL

### MOCHA LATTE

12 oz | \$4.00

## 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

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HOUSE-MADE MUFFIN | \$2.50

BAGEL | \$1.50

CROISSANT | \$2.00

DANISH | \$2.25

BOILED EGGS (2) | \$2.00

EGG & CHEESE SANDWICH | \$3.00

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

OATMEAL | \$2.00

CREAMY GRITS | \$2.00

# SNACKS & SIDES

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PROTEIN PACK | \$6.00

turkey pepperoni, cheese,  
sweet & spicy nuts

WHOLE FRUIT | \$1.00

HUMMUS & PITA BREAD | \$5.00

PROTEIN BAR | \$2.50

FRUIT & YOGURT PARFAIT | \$4.00

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

POTATO WEDGES | \$5.00



# SALADS

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

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

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

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

# SANDWICHES & MORE

**ROASTED CHICKEN SANDWICH** | \$8.00  
chicken breast, roasted red bell pepper, smoked provolone, garlic aioli, on a rosemary ciabatta bread **served hot**

**TURKEY REUBEN** | \$7.50  
turkey, 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**

**CHICKEN SALAD SANDWICH** | \$7.50  
chunks of chicken, onions, celery, mayonnaise, 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 croissant

## FEATURED SPECIAL ROASTED CHICKEN SANDWICH



**\$8**

**Make it a Combo!**  
add chips and a  
beverage for \$2