

BEVERAGES

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

HOUSE-MADE MUFFIN | \$2.50

BAGEL | \$1.50

CROISSANT | \$2.00

DANISH | \$2.25

EGG & CHEESE SANDWICH | \$3.00
served hot on a croissant, or english
muffin, add turkey sausage +\$1.00

OATMEAL | \$2.00

BOILED EGGS (2) | \$2.00

SNACKS & SIDES

LOADED POTATO WEDGES | \$6.00

WHOLE FRUIT | \$1.00

HUMMUS & PITA BREAD | \$5.00

FRUIT & YOGURT PARFAIT | \$4.00

PROTEIN BAR | \$2.50

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



SALADS

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

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

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

SANDWICHES & MORE

JERK CHICKEN SANDWICH | \$8.50
jerk chicken, caribbean slaw, served on a brioche bun **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**

WINGS & FRIES | \$11.00
includes bottled water or canned soda + dipping sauce **served hot**

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

CHICKEN SALAD SANDWICH | \$7.50
chunks of 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 croissant

FEATURED SPECIALS



CHICKEN TACO SALAD
\$12.00

+ \$2 add beverage and chips
*available 11am - 2pm

FRESH SUMMER SALAD
\$10.00

+ \$2 add beverage and chips

