

BEVERAGES

COFFEE & ESPRESSO

Featuring coffee from Astoria Coffee.



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

CHAI LATTE (HOT OR ICED)

12 oz | \$4.00

PUMPKIN SPICE LATTE **SEASONAL**

12 oz | \$4.00

MOCHA LATTE **SEASONAL**

12 oz | \$4.00

ICED COFFEE

16 oz | \$3.50

TEA, JUICES, & MORE

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

EGG & CHEESE SANDWICH | \$3.00

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

OATMEAL | \$2.00

SNACKS & SIDES

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

KIDS SPECIAL! | \$5.00

pb&j uncrustable, whole fruit, bottled water

CHILI (12 oz) | \$6.50

SOUP (12 oz) | \$4.00

CORN MUFFIN | \$1.00



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

SANDWICHES & MORE

GARLIC ROAST BEEF SANDWICH | \$8.00
roast beef, caramelized onions, garlic horseradish sauce, on 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, 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

SANDWICH OF THE MONTH :

CAPRESE SANDWICH



MAKE IT A COMBO!

Add chips and a canned soda or bottled water for \$2