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

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

Egg & Cheese Sandwich | $3.00
served hot on a croissant, or bagel, add turkey sausage +$1.00
Oatmeal | $2.00
# Salads

<table>
<thead>
<tr>
<th>Salad</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chicken Caesar Salad</strong></td>
<td>$8.00</td>
<td>Romaine, grilled chicken, parmesan crisps, garlic croutons, caesar dressing</td>
</tr>
<tr>
<td><strong>Cobb Salad</strong></td>
<td>$9.00</td>
<td>Mixed greens, cubed roasted turkey, diced cucumbers &amp; tomatoes, mixed shredded mozzarella &amp; cheddar cheese, crumbled turkey bacon, boiled eggs</td>
</tr>
<tr>
<td><strong>Curried Chickpea Salad</strong></td>
<td>$4.00</td>
<td>Chickpeas, cucumber, green bell peppers, red onions, tomatoes, lemon herb vinaigrette</td>
</tr>
<tr>
<td><strong>Roasted Vegetable Wrap</strong></td>
<td>$7.50</td>
<td>Zucchini, yellow squash, portobello mushroom, red onions, asparagus and hummus in a spinach tortilla</td>
</tr>
<tr>
<td><strong>Turkey Reuben</strong></td>
<td>$7.50</td>
<td>Turkey, swiss cheese, sauerkraut, and Russian dressing, on rye bread</td>
</tr>
<tr>
<td><strong>Chicken Pesto</strong></td>
<td>$7.50</td>
<td>Marinated chicken breast, roasted red bell peppers, pesto, and provolone cheese served on a whole grain wheat roll</td>
</tr>
<tr>
<td><strong>Steak and Cheese</strong></td>
<td>$7.50</td>
<td>Shaved ribeye, bell pepper medley, onions, and provolone served on a whole grain wheat roll</td>
</tr>
<tr>
<td><strong>Autumn Chicken Salad Wrap</strong></td>
<td>$8.00</td>
<td>Diced roasted chicken, mayonnaise, sliced grapes, dried cranberries, celery, red onions, celery, toasted pecans, served on croissant roll</td>
</tr>
<tr>
<td><strong>Roasted Chicken Sandwich</strong></td>
<td>$8.00</td>
<td>Chicken breast, roasted red bell pepper, smoked provolone, garlic aioli, on a rosemary ciabatta bread</td>
</tr>
<tr>
<td><strong>Tuna Salad</strong></td>
<td>$7.50</td>
<td>Hand-flaked white tuna with celery, onion, lettuce, tomato, and herb mayo on croissant</td>
</tr>
</tbody>
</table>

# Sandwiches & More

<table>
<thead>
<tr>
<th>Sandwich</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Oven-Roasted Turkey Wrap</strong></td>
<td>$7.50</td>
<td>Turkey, swiss cheese, tomato, red onions, lettuce, honey mustard dressing, sundried tomato tortilla</td>
</tr>
<tr>
<td><strong>Turkey Reuben</strong></td>
<td>$7.50</td>
<td>Turkey, swiss cheese, sauerkraut, and Russian dressing, on rye bread</td>
</tr>
<tr>
<td><strong>Autumn Chicken Salad Sandwich</strong></td>
<td>$8.00</td>
<td>Diced roasted chicken, mayonnaise, sliced grapes, dried cranberries, celery, red onions, celery, toasted pecans, served on croissant roll</td>
</tr>
<tr>
<td><strong>Steak and Cheese</strong></td>
<td>$7.50</td>
<td>Shaved ribeye, bell pepper medley, onions, and provolone served on a whole grain wheat roll</td>
</tr>
<tr>
<td><strong>Wings &amp; Fries Meal</strong></td>
<td>$11.00</td>
<td>Includes bottled water or canned soda &amp; dipping sauce</td>
</tr>
<tr>
<td><strong>Hummus Wrap</strong></td>
<td>$7.50</td>
<td>Hummus, red onions, asparagus and zucchini in a spinach tortilla</td>
</tr>
<tr>
<td><strong>Cherry Pesto Wrap</strong></td>
<td>$7.50</td>
<td>Marinated chicken breast, roasted red bell peppers, pesto, and provolone cheese served on a whole grain wheat roll</td>
</tr>
</tbody>
</table>

**Sandwich of the Month:**

Grilled Cheese Sandwich

The perfect harmony of goat cheese, cheddar, and provolone on herb toasted whole grain bread. Try with a cup of soup!

**Make it a Combo!**

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