SNACKS & SIDES

WHOLE FRUIT | $1.00
FRUIT & YOGURT PARFAIT | $4.00
HUMMUS & PITA BREAD | $5.00
PROTEIN BAR | $2.50
POTATO WEDGES | $5.00

KIDS SPECIAL! | $5.00
pb&j uncrustable, whole fruit & bottled water

CHILI (12 oz) | $6.50
FRESH MIXED FRUIT CUP | $2.50 - $3.50
SOUP (12 oz) | $4.00
CORN MUFFIN | $1.00

BREAKFAST

MUFFIN | $2.50
EGG & CHEESE SANDWICH | $3.00
served hot on a bagel, croissant, or english muffin
add turkey sausage +$1.00

BAGEL | $1.50
CROISSANT | $2.00
DANISH | $2.25
OATMEAL | $2.00

NEW! STEAK, EGG & CHEESE SANDWICH | $7.00
served hot on a bagel, croissant, or english muffin

HARD BOILED EGGS (2) | $2.00

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
## Salads

**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 dressing

## Sandwiches & More

**Oven-Roasted Turkey Wrap** | $7.50  
turkey, swiss cheese, tomato, red onions, lettuce, honey mustard dressing, sundried tomato tortilla

**Chicken Pesto** | $7.50  
marinated chicken breast, roasted red bell peppers, pesto, and provolone cheese served on a whole grain wheat roll served hot

**Roasted Chicken Sandwich** | $8.00  
chicken breast, roasted red bell pepper, smoked provolone, garlic aioli, on a rosemary ciabatta bread served hot

**Turkey Reuben** | $8.00  
turkey, swiss cheese, sauerkraut, and russian dressing, on rye bread served hot

**Chicken Salad Sandwich** | $7.50  
chunks of chicken, onions, celery, mayonnaise, served on croissant roll

**Steak and Cheese** | $7.50  
shaved ribeye, bell pepper medley, onions, and provolone served on a whole grain wheat roll served hot

**Roasted Vegetable Wrap** | $7.50  
zucchini, yellow squash, portobello mushroom, red onions, asparagus and hummus in a spinach tortilla

**Turkey Reuben** | $8.00  
turkey, swiss cheese, sauerkraut, and russian dressing, on rye bread served hot

**Roasted Chicken Sandwich** | $8.00  
chicken breast, roasted red bell pepper, smoked provolone, garlic aioli, on a rosemary ciabatta bread served hot

**Wings & Fries Meal** | $11.00  
includes bottled water or canned soda & dipping sauce served hot

## Sandwich of the Month:

**Jerk Chicken Sandwich with Caribbean Slaw**

Pulled Jerk Chicken topped with Caribbean slaw on a Brioche bun

**Make it a Combo!**

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