

## **BREAKFAST**

### **BREAKFAST SANDWICHES**

EGG & CHEESE BAGEL \$4.99

EGG & CHEESE CROISSANT  
\$3.99

EGG & CHEESE ON ENGLISH  
MUFFIN \$3.99

EGG & CHEESE ON WHITE OR  
WHEAT \$3.99

ADD BACON, HAM, SAUSAGE OR  
EGG \$1.00

EXTRA MEAT \$2.00

TWO EGGS BREAKFAST \$9.95

*TWO EGGS ANY STYLE, HOME FRIES AND  
TOAST WITH CHOICE OF BACON, HAM OR  
SAUSAGE.*

BREAKFAST BURRITO \$8.95

*SCRAMBLED EGGS, CHEESE.*

*ADD BACON, SAUSAGE OR HAM \$1.00*

**BAGELS \$1.99** PLAIN, WHEAT,

*SESAME SEED, EVERYTHING,  
CINNAMON RAISIN*

ADD CREAM CHEESE +\$2.99

PLAIN, VEGETABLE, LIGHT

PANCAKES (3) \$6.99

FRENCH TOAST (3) \$7.99

### **SIDES:**

HOME FRIES \$2.95

BACON, SAUSAGE, OR HAM  
\$2.95

## **COFFEE**

### **FLAVORS:**

*ORIGINAL, FRENCH VANILLA,  
HAZELNUT, DECAF*

SM {12 oz} 2.25

LG {20 oz} 2.75

### **ICE COFFEE**

SM {20 oz} \$2.59

LG {32 oz} \$3.99

COLD BREW {16oz} \$4.00

NITRO BREW {16oz} \$5.50

## **TEAS**

ENGLISH BREAKFAST, EARL  
GREY, GREEN TEA, CHAI \$2.59

## **MUFFINS**

CORN, BLUEBERRY, CHOC. CHIP,  
COFFEE CAKE, BANANA NUT, LEMON  
POPPY CRAN-ORANGE NUT \$2.99

## **SIGNATURE SALADS**

#1 GRILLED CHICKEN CAESAR:

*CHOPPED ROMAINE, SHAVED  
PARMESAN, GRILLED CHICKEN,  
SEASONED CROUTONS.\*CAESAR  
DRESSING \$9.95*

#2 POWER GREENS:

*SHREDDED KALE, CHOPPED ROMAINE,  
TOMATOES, AVOCADO, HARD BOILED  
EGG, GRILLED CHICKEN. \*BLUE CHEESE  
DRESSING \$10.95*

#3 HEALTHY BLEND:

*MIXED GREEN, BABY SPINACH  
CRANBERRIES, SLICED APPLES, GOAT  
CHEESE, AND SLICED CANDIED  
WALNUTS.\*HOUSE VINAIGRETTE  
DRESSING \$8.95*

#4 SOUTHWESTERN:

*MIXED GREENS, TOMATOES, RED  
ONIONS, TORTILLA STRIPS, AVOCADO  
AND GRILLED CHICKEN. HOUSE  
VINAIGRETTE DRESSING \$10.95*

#5 TACO SALAD:

*CHOPPED ROMAINE, ROASTED CORN,  
BLACK BEANS, AVOCADO, TOMATOES  
CRUMBLED QUESO CHEESE IN A CRISPY  
TORTILLA BOWL. \*VINAIGRETTE  
DRESSING \$8.95*

## CREATE YOUR OWN SALAD \$9.95

**GREENS:** (CHOOSE UP TO 2)  
CHOPPED ROMAINE, SHREDDED KALE,  
MIXED GREENS, BABY SPINACH

**TOPPINGS:** (CHOOSE UP TO 4)  
SHREDDED CARROTS, SLICED APPLES,  
AVOCADO, SLICED ALMOND, GRAPE  
TOMATO, BLACK BEAN AND ROASTED  
CORN, HUMMUS, CANDIED WALNUTS,  
SLICED, CUCUMBERS, QUINOA,  
SUNFLOWER SEEDS, BELL PEPPERS,  
BOILED EGGS, KALAMATA OLIVES,  
SLICED RED ONIONS, PITA CHIPS,  
CROUTONS, BEETS, TOFU, TORTILLA  
STRIPS, ROASTED RED PEPPER, DRIED  
CRANBERRIES, SWEET POTATOES

**CHEESE:** CHOOSE 1  
FETA CHEESE, CHEDDAR CHEESE,  
GOAT CHEESE, SHAVED PARMESAN

**ADD PROTEINS:**  
GRILLED CHICKEN +\$3.00  
BUFFALO CHICKEN +\$3.00  
\*\*\*GRILLED STEAK TIPS \$4.00  
CHICKEN SALAD +\$3.00  
TUNA SALAD +\$3.00  
ADD EXTRA +\$1.99

**CHOICE OF DRESSING:**  
CAESAR, ITALIAN, RANCH, BALSAMIC,  
HOUSE VINAIGRETTE, DIJON

VINAIGRETTE, BLUE CHEESE, OIL &  
VINAIGRETTE, FAT FREE BALSAMIC,  
PEAR VINAIGRETTE

## FRESH WRAPS

**CHOICE OF WRAP:**  
WHITE, WHEAT, TOMATO BASIL, OR  
SPINACH

CAESAR WRAP \$8.95 (ROMAINE  
LETTUCE, SHREDDED PARMESAN,  
CROUTONS, AND CAESAR DRESSING)

CHICKEN CAESAR WRAP \$10.95  
(GRILLED CHICKEN, ROMAINE LETTUCE,  
SHREDDED PARMESAN, CROUTONS, AND  
CAESAR DRESSING)

CALIFORNIA WRAP \$10.95  
(GRILLED CHICKEN WITH MIXED  
GREENS, CUCUMBERS, TOMATOES,  
AVOCADO AND CHIPOTLE MAYO)

BUFFALO CAESAR WRAP  
\$10.95 (ROMAINE LETTUCE,  
SHREDDED PARMESAN, CROUTONS, AND  
CAESAR DRESSING)

BUFFALO TENDERS WRAP  
\$10.95 (ROMAINE LETTUCE,  
TOMATOES, AND BLUE CHEESE  
DRESSING)

STEAK TIP WRAP \$11.95  
(MARINATED STEAK TIPS, LETTUCE,  
TOMATO, RED ONIONS, CUCUMBERS,  
FETA CHEESE, AND GREEK DRESSING)

GRILLED CHICKEN WRAP  
\$10.95 (GRILLED CHICKEN, LETTUCE,  
TOMATO, RED ONIONS, CUCUMBERS,  
FETA CHEESE, AND GREEK DRESSING)

## COLD SANDWICHES

**CHOICE OF BREADS:** SUB ROLL,  
BRAIDED ROLL, OR FRENCH  
BREAD

**CHOICE OF WRAP:** WHITE,  
WHEAT, TOMATO BASIL,  
SPINACH AND GLUTEN FREE

SUBSTITUTE WHITE, WHEAT  
BREAD OR GLUTEN FREE BREAD

ROAST BEEF & CHEESE \$9.95

HAM & CHEESE \$9.95

ITALIAN \$10.95 (SALAMI,  
SOPRESSATA, MORTADELLA, CAPICOLA,  
AND PROVOLONE CHEESE)

SMOKED TURKEY \$9.95

BLAZIN BUFFALO CHICKEN  
\$9.95

HOMEMADE CHICKEN SALAD  
\$9.95

HOMEMADE CHICKEN SALAD  
\$10.95 (WITH CRANBERRIES AND  
WALNUTS)

HOMEMADE TUNA SALAD \$9.95

VEGGIE \$8.95

TURKEY CLUB \$11.95

TUNA CLUB \$11.95

BLT \$9.95

### **HOT SANDWICHES**

CHOICE OF BREADS: SUB ROLL,  
BRAIDED ROLL, OR FRENCH  
BREAD

CHOICE OF WRAP: WHITE,  
WHEAT, TOMATO BASIL, OR  
SPINACH  
SUBSTITUTE WHITE OR WHEAT  
BREAD 6.95

MEATBALL \$10.95

CHICKEN PARMESAN \$10.95

EGGPLANT PARMESAN \$9.95

STEAK & CHEESE \$10.95

STEAK BOMB 12.95 (CERTIFIED  
ANGUS SHAVED BEEF, PEPPERS,  
ONIONS, MUSHROOMS, PEPPERONI AND  
CHEESE)

CHICKEN CUTLET \$10.95 (WITH  
ROASTED PEPPERS AND SHARP  
PROVOLONE CHEESE)

SAUSAGE, PEPPERS & ONIONS  
\$10.95

### **SPREADS:**

MAYO, CHIPOTLE MAYO, RED VINEGAR,  
YELLOW MUSTARD, RANCH, BALSAMIC  
VIN., HONEY MUSTARD, BLUE CHEESE,  
HORSERADISH, SPICY MUSTARD,  
RUSSIAN, HUMMUS, PESTO, MAYO,  
OLIVE OIL

### **TOPPINGS:**

LETTUCE, TOMATOES, PICKLES,  
ONIONS, HOTS, ROASTED RED  
PEPPERS, BANANA PEPPERS,  
CUCUMBERS, BLACK OLIVES

## **JUICES 16 oz (\$5.99)**

### **CLASSIC**

BANANA / STRAWBERRIES/  
BLUEBERRIES / ALMOND MILK

### **GREEN MONSTER**

PINEAPPLE / MANGO / SPINACH /  
KALE / ORANGE JUICE

### **THE JUICE**

BANANA / SPINACH / CHIA SEEDS /  
ALMOND MILK

### **BLUE SKIES**

BANANA / BLUEBERRIES / ALMOND  
MILK

### **PEANUT BUTTER BLISS**

BANANA / PEANUT BUTTER / ALMOND  
MILK

### **TROPICAL**

BANANA / MANGO / PINEAPPLE /  
STRAWBERRIES / ORANGE JUICE

### **CALI**

MANGO / AVOCADO / ALMOND MILK

### **WAKE UP SHAKE**

ANJOU PEAR / OATS / BLUEBERRIES /  
CINNAMON / ALMOND MILK

### **ADD A SUPPLEMENT**

**+\$1.00** WHEY VANILLA, ORGANIC  
CHIA SEEDS, ORGANIC FLAX SEEDS,  
PEANUT BUTTER, CHOCOLATE  
PROTEIN, EXTRA