

FLATBREADS & SANDWICHES

FLATBREADS

PEPPERONI FLATBREAD 9

tomato sauce, mozzarella cheese and pepperoni

CHEESE FLATBREAD 8

tomato sauce with a 5-cheese blend

ENTREES

CHICKEN STRIPS & TOTS 12

BAKED MAC & CHEESE 12

SALMON BOWL 22

Salmon, 5-grain blend, seasonal vegetables, and pesto

CHIMICHURRI VEGGIE PRIMAVERA   16

vegetable medley with a chimicurri sauce

SANDWICHES & WRAPS

TURKEY WRAP  10

roasted turkey, romaine lettuce, tomato, spicy giardiniera and avocado puree in a gluten free tortilla

HUMMUS VEGGIE WRAP   10

roasted red pepper hummus, spinach, tomato, green onion, and cucumber in a gluten free tortilla

CHICKEN SALAD CROISSANT 10

house-made chicken salad with lettuce and tomato on a fresh croissant

ITALIAN CROISSANT SANDWICH 10

ham, pepperoni, salami, smoked provolone, pepperoncini, red onions and dijon mustard on a croissant

LOX EVERYTHING BAGEL SANDWICH 10

cold smoked salmon, citrus-caper cream cheese, sliced tomato, arugula and red onion on an everything bagel

SALAD & SOUP

SALADS & SOUP

CHICKEN CAESAR SALAD	10
romaine lettuce, grilled chicken, baby tomatoes, parmesan cheese and herb croutons	
FALL MARKET COBB SALAD	10
spinach, roasted butternut squash, 5-grain blend, goat cheese, pumpkin seed, and dried blueberries	
CHOPPED CHICKEN SALAD	9
iceberg lettuce, grilled chicken, bacon, green onion, blue cheese crumbles, baby tomatoes and ditalini pasta	
GARDEN VEGGIE SALAD	10
spinach-romaine-iceberg mixed greens, carrots, baby tomatoes, cucumber, watermelon radish, green onion and broccoli florets	
WALDORF APPLE SALAD	10
apples over romaine lettuce with creamy dressing	
SOUP OF THE DAY	7
ask about today's soup	



BREAKFAST

CHORIZO BREAKFAST BURRITO 10

pork chorizo, scrambled eggs, potatoes, cheddar cheese and pico in a flour tortilla

TURKEY SAUSAGE ENGLISH MUFFIN 8

turkey sausage patty, fried egg and cheddar cheese on a toasted english muffin

EGG & SWISS CROISSANT SANDWICH 8

FRENCH TOAST 8

EGG BOWL 10

scrambled eggs with arugula, heirloom tomato and goat cheese

GLUTEN-FREE YOGURT PARFAIT 8

vanilla yogurt with fresh berry compote and house made gluten-free granola

FRESH FRUIT CUP 7

assorted seasonal fruit pieces

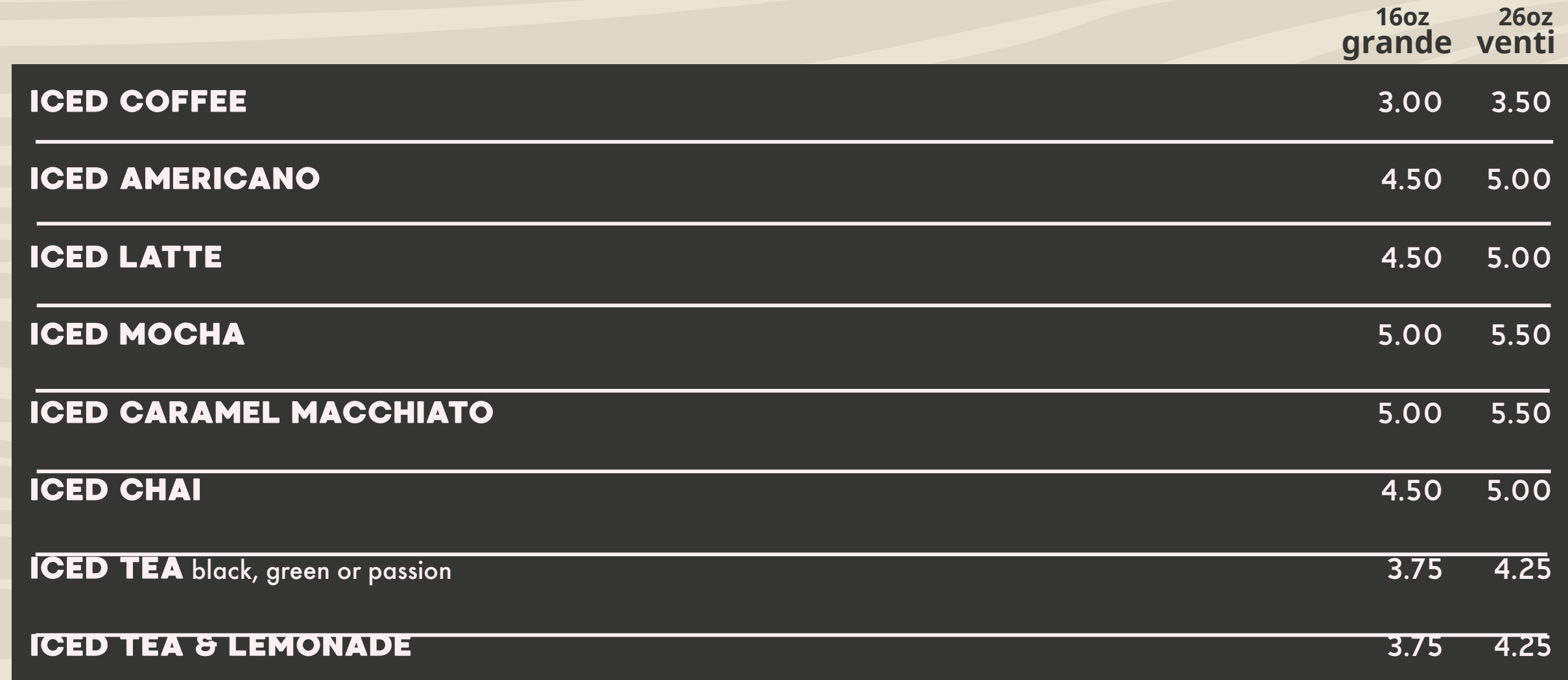
GOOD MORNING

STEAMED & FROTHED

	12oz tall	16oz grande	20oz venti
COFFEE medium roast, blonde roast or decaf	2.50	3.00	3.50
AMERICANO	4.00	4.50	5.00
LATTE vanilla, caramel, hazelnut, sugar-free vanilla +.50	4.00	4.50	5.00
CARAMEL MACCHIATO	4.50	5.00	5.50
MOCHA bittersweet or white	4.50	5.00	5.50
CAPPUCCINO	4.00	4.50	5.00
ESPRESSO single, double or triple	2.50	2.75	3.00
CHAI TEA	4.50	5.00	5.50
HOT CHOCOLATE	3.25	3.75	4.25
HOT TEA	-	3.75	-



CHILLED & ICED



	16oz grande	26oz venti
ICED COFFEE	3.00	3.50
ICED AMERICANO	4.50	5.00
ICED LATTE	4.50	5.00
ICED MOCHA	5.00	5.50
ICED CARAMEL MACCHIATO	5.00	5.50
ICED CHAI	4.50	5.00
ICED TEA black, green or passion	3.75	4.25
ICED TEA & LEMONADE	3.75	4.25

Flavor Syrup +\$.50

Extra Shot +\$1.00

Soy, Almond, Oat or Coconut Milk +\$1.00

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