

## Sandwiches

### Turkey Bacon Swiss

Turkey, bacon, Swiss cheese, romaine, tomatoes, mayonnaise on ciabatta 9.77

### Mozzarella & Tomatoes

Fresh mozzarella, tomatoes, basil pesto on crusty baguette 9.24

### Chicken Avocado

Grilled chicken, bacon, avocado, tomatoes, romaine, and chipotle spread on ciabatta 9.94

### Tuna Salad

Our classic recipe served with mayonnaise, romaine, and tomatoes on sliced multigrain 9.24

### Cranberry Almond Chicken Salad

Grilled chicken, cranberries, almonds, mayonnaise, romaine, tomatoes on brioche bun 9.24

### Roast Beef & Cheddar

Roast beef, cheddar, mayonnaise, onions, romaine, tomatoes on crusty baguette 9.94

### Ham and Swiss

Ham, Swiss, mayonnaise, mustard, pickles, romaine, tomatoes on sliced multigrain 9.94

## Wraps

Served on wheat or white wrap

### Chicken Caesar

Grilled chicken, asiago cheese, romaine, and Caesar dressing 9.11

### Mediterranean

Romaine, hummus, roasted red peppers, onions, cucumbers, olives, feta cheese, and sundried tomato pesto 9.11

### Turkey Cranberry

Turkey, cranberry sauce, brie cheese, mixed greens, and honey mustard 9.11



### Thai Shrimp

Romaine, red cabbage, green cabbage, carrots, cilantro, scallions, red peppers, diced shrimp, crispy noodles, and a house made peanut dressing 9.23

### Veggie Burger on Brioche

Black bean burger, pepper jack cheese, chipotle mayo, guacamole, lettuce, tomatoes, red onions on brioche roll 9.27

## Salads

### Thai Shrimp

Romaine, red cabbage, green cabbage, carrots, cilantro, scallions, red peppers, diced shrimp, crispy noodles, and a house made peanut dressing 10.69

### Greek

Romaine, tomatoes, feta cheese, kalamata olives, pepperoncini, red onions, cucumbers, and Greek dressing 9.24

### Chicken Caesar

Grilled chicken, romaine, asiago cheese, croutons, and creamy Caesar dressing 9.24

### Kale & Grains

Kale, romaine, feta, grape tomatoes, cucumbers, red and white quinoa, and toasted almonds with Greek dressing 9.59

### California Chicken

Mixed greens, grilled chicken, grape tomatoes, avocado, red onions, tortilla chips, and a house made cilantro lime vinaigrette 10.07

### The Harvest

Grilled Chicken, mixed greens, dried cranberries, toasted almonds, gorgonzola cheese, green apples, and fat free raspberry vinaigrette 9.73

### Turkey Cobb

Turkey, hard boiled eggs, corn, bacon, gorgonzola cheese, mixed greens, and balsamic vinaigrette 9.73

Before placing your order, please inform your server if a person in your party has a food allergy

## Create Your Own Salad

Served with fresh bread 9.27

### Choose your greens

- o Mix Greens
- o Romaine
- o Spinach
- o Kale

### Choose a protein

- Additional protein 2.76 Avocado 2.48
- o Chicken
  - o Turkey
  - o Steak
  - o Tuna

### Choose four toppings

Additional topping 1.10

- o Cucumbers
- o Bacon
- o Gorgonzola
- o Almonds
- o Tomatoes
- o Boiled Eggs
- o Walnuts
- o Pico De Gallo
- o Green Apples
- o Red Onions
- o Feta Cheese
- o Asiago Cheese
- o Corn
- o Pepperoncini
- o Kalamata Olives
- o Carrot
- o Roasted Peppers
- o Quinoa
- o Dried Cranberries
- o Fresh Mozzarella
- o Cheddar Cheese

### Dressings and vinaigrettes

- o Balsamic
- o Ranch
- o Cilantro Lime
- o Greek
- o Honey Mustard
- o Caesar
- o Thai Peanut
- o Fat Free Raspberry





## COFFEE DRINKS

SMALL MEDIUM LARGE

Iced beverages available in medium and large

Freshly Brewed Coffee	2.63	2.92	3.19
Cold Brew Coffee		4.15	4.57
Cold Brew Oat Milk Latte		5.45	5.95
Cappuccino	3.80	4.66	4.96
Caffe Latte	3.80	4.66	4.96
Caramel Macchiato	3.92	4.97	5.20
Vanilla Latte	3.92	4.97	5.20
Hazelnut Latte	3.92	4.97	5.20
Caffe Mocha	3.92	4.97	5.20
White Chocolate Mocha	3.92	4.97	5.20
Hot Chocolate	3.47	3.78	4.62
Chai Latte	3.92	4.97	5.20
Cafe au Lait	3.47	3.78	4.62
Espresso			2.29
Espresso Macchiato			2.89

## SMOOTHIES

Strawberry Banana	5.83	7.48
Strawberries, banana, vanilla yogurt and milk		
Mango Orange	5.83	7.48
Mango, orange juice, vanilla yogurt and milk		
Green Smoothie	5.83	7.48
Spinach, green apple, avocado, banana, and almond milk		

## BREAKFAST

Available until 11am

### Egg & Cheddar

Two freshly cracked eggs and cheddar on your choice of bagel or bread 4.50 With Bacon, Ham or Sausage 5.21

### Avocado, Egg & Swiss

Two freshly cracked eggs, avocado, Swiss on your choice of bagel or bread 5.55

### Egg Whites Caprese

Three egg whites, roasted tomatoes, basil pesto, fresh mozzarella, spinach on a skinny wheat bread 5.55

### Turkey Swiss and Egg Whites

Three egg whites, turkey, Swiss on a wheat wrap 5.55

### Chorizo Egg Burrito

Eggs, chorizo sausage, roasted potatoes, pepper jack Cheese, and avocado 8.24

### Southwest Breakfast Burrito

Eggs, crumbled black bean burger, roasted potatoes, pepper jack cheese, avocado, and Pico de Gallo 8.24

### Steak Egg and Cheese Burrito

Eggs, steak, roasted potatoes, cheddar cheese, and chipotle spread 8.24

### Toasted Bagel with cream cheese

Cream cheese flavors: Plain, veggie, honey walnut 2.99



## RICE BOWLS & BURRITOS

Tender chicken or steak marinated in a mixture of spices and aromatics. Served with brown or white jasmine rice, black beans, Pico de Gallo, corn salsa, cheddar cheese, and sour cream

Bowl 10.31 Burrito 9.71

Add fresh guacamole 2.48

## BUTTER CHICKEN BOWL

Golden chicken stewed in a mild and sweet tomato curry with Indian spices

Served with rice and naan bread 10.29



## PANINI

### Southwest Chicken

Grilled chicken, pepper jack cheese, caramelized onions, roasted red peppers, chipotle sauce on country white 9.95

### Roast Beef Melt

Roast beef, cheddar cheese, caramelized onions, oven roasted tomatoes, and horseradish aioli on baguette 9.95

### Turkey Pesto

Turkey, fresh mozzarella, oven roasted tomatoes, and basil pesto on ciabatta 9.73

### Avocado Grilled Cheese

American, cheddar and Swiss cheeses, Avocado, tomatoes on country white 9.10

## KATHI ROLLS

### Chicken Kathi Roll

Grilled chicken marinated in aromatic spices served with cilantro and tamarind chutneys, peppers and onions 9.95

### Paneer Kathi Roll

Mild milky cheese marinated in aromatic spices served with cilantro and tamarind chutneys, peppers and onions 9.95





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## Organic Steel Cut Oatmeal



### Peanut Butter & Banana

Steel cut oatmeal served with banana slices, peanut butter, Honey, cinnamon and walnuts 5.79

### Fresh Berries

Steel cut oatmeal served with fresh strawberries, blueberries, maple syrup, and granola 5.79

### Apple Cinnamon

Organic steel cut oatmeal with granny smith apple, cinnamon, honey and sliced almonds 5.79

## Breakfast Burritos

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