

# Breakfast

**Bacon Egg** (551 cal.) ..... \$4.00  
& Cheese Croissant

**Sausage Egg** (410 cal.) ..... \$4.00  
& Cheese Biscuit

**Ham Egg** (360 cal.) ..... \$4.00  
& Cheese English Muffin

**Frittata** (Varies cal.) ..... \$2.00

**Quiche** (500 cal.) ..... Slice: \$2.00  
Whole: \$10.00

**Biscuits & Gravy** (380 cal.) ..... Half: \$2.50  
Full: \$5.00

**Breakfast Flatbread** (1210 cal.) .. \$8.00

**Muffin** (Varies cal.) ..... \$2.50

**Assorted Bagel** (Varies cal.) ..... \$2.50

**Turnover** (290 cal.) ..... \$2.50  
Apple, Lemon, Raspberry

# Grab & Go

**Turkey Club** (800 cal.) ..... \$7.50  
Sandwich

**Ham & Cheddar** (520 cal.) ..... \$7.50  
on wheat

**Italian Hoagie** (532 cal.) ..... \$8.00

**Chicken Salad** (660 cal.) ..... \$8.00  
Croissant

**Egg Salad** (600 cal.) ..... \$7.50  
Croissant

♥ **Tuna Salad** (438 cal.) ..... \$7.50  
Sandwich

# Coffee

**Coffee** (2 cal.) ..... \$2.50

**Iced Coffee** (120 cal.) ..... \$5.00  
Salted Carmel, Vanilla, Hazelnut

**Latte** (190 cal.) ..... \$5.00  
Salted Carmel, Vanilla, Hazelnut

**Cappuccino** (120 cal.) ..... \$5.00

**Americano** (190 cal.) ..... \$4.00  
Salted Carmel, Vanilla, Hazelnut

**Iced Americano** (120 cal.) ..... \$4.00  
Salted Carmel, Vanilla, Hazelnut

**Frappe** (700 cal.) ..... \$6.00  
Salted Carmel, Vanilla, Hazelnut

**London Fog** (700 cal.) ..... \$5.00  
Salted Carmel, Vanilla, Hazelnut

**Espresso** (3 cal.) ..... \$1.50

**Extra Flavor** ..... \$0.25

# Beverages

**Soda** (Varies cal.) ..... \$1.50

**Water** (0 cal.) ..... \$1.50

**Vitamin Water** (0 cal.) ..... \$1.50

**Juice** (Varies cal.) ..... \$1.50

**Milk** (Varies cal.) ..... \$1.50

**Tea (hot or iced)** (3 cal.) ..... \$2.00

# Flatbread Pizza

- Margherita (400 cal.) .....\$7.00
- Three Cheese Blend (670 cal.) ...\$7.00
- Taco Naan (440 cal.) .....\$8.00
- Hawaii (440 cal.) .....\$8.00
- Meat Lovers (440 cal.) .....\$8.50
- Build your own (440 cal.) .....\$8.50  
Sausage, Pepperoni, Tomato, Mushroom, Green Pepper, Red Onion, Pineapple, Pepperoncini Pepper, Black Olive, Ham, Bacon
- Additional Toppings. .... \$1.50/ea

# Sandwiches

- Includes Choice of Available sides
- The Big Boy (850 cal.) ..... \$8.00
- Grown Up (740 cal.) ..... \$7.00  
Grilled Cheese
- Philly Cheese Steak(760cal.) ... \$8.00  
Sandwich

# Salads

- ♥ Chef Salad (675 cal.) ..... \$8.00
- ♥ Chicken Caesar (510 cal.) ..... \$8.00  
Salad
- ♥ Chicken & Bacon (580 cal.) ..... \$8.00  
Salad

# Paninis & Wraps

- Includes Choice of Available sides
- Ham & Swiss (570 cal.) ..... \$8.00  
Panini
- Italian Panini (760 cal.) ..... \$8.00
- Chicken Cordon (610 cal.) ..... \$8.00  
Bleu Panini
- Philly Steak Wrap (650 cal.) .... \$8.00
- Chicken Bacon (680 cal.) ..... \$8.00  
Ranch Wrap

# Healthy Options

- Veggie Cup (70 cal.) ..... \$2.50
- Fruit Cup (80 cal.) ..... \$3.50
- Hard Boiled Eggs (160 cal.) .....\$2.00
- Yogurt Parfait (130 cal.) ..... \$3.50
- Meat & Cheese Box (280 cal.) ...\$3.50
- Cottage Cheese(110 cal.) .....\$3.50  
& Fruit
- Gazpacho (181 cal.) .....\$3.00
- Peanut Butter (205 cal.) ..... \$3.50  
W/Crackers & Apples
- Dried Fruit & Nuts (130 cal.) ..... \$4.00
- Cucumber Sandwich (200 cal.).. \$4.00



Healthy Dinning Options  
 <700 kcals  
 <5g saturated fat  
 <800mg sodium

# Weekly Specials

See Special Board .....\$9.00

# Sides

- ♥ Cottage Cheese (107 cal.)
- ♥ 3 Bean Salad (120 cal.)
- Ranch Pasta Salad (310 cal.)
- Potato Salad (260 cal.)
- Chips (Varies cal.)
- ♥ Mini Lettuce Salad (20 cal.)
- ♥ Mini Caesar Salad (100 cal.)
- ♥ Coleslaw (170 cal.)
- ♥ Cucumber & Onion Salad (70 cal.)
- Cup Of Soup (Varies cal.)

# Desserts

- Variety Cookies (Varies cal.) .... \$2.00
- Brownie (230 cal.) ..... \$2.00
- Crème Puffs (374 cal.) ..... \$2.50
- Pie of the Week. .... Slice: \$2.00  
Whole: \$10.00