

BREAKFAST served until 10:30am

THE BREAKFAST BURRITO Scrambled eggs, sausage, cheddar cheese, diced tomatoes, green onions, served with salsa	cal. 630	5.79
EGG & CHEESE CROISSANT	cal. 500	5.49
BACON, EGG & CHEESE CROISSANT	cal. 580	6.49
BREAKFAST BOWL sausage or bacon	cal. 395-445	4.39
AVOCADO TOAST	cal. 290	4.19

FRESH BREWED COFFEE



HOT				
Fresh brew	cal. 0-5	12oz 2.09	16oz 2.39	20oz 2.59
COLD				
Iced Coffee	cal. 5		16oz 3.79	

BAKERY

KILLER CHOCOLATE CHIP COOKIE	cal. 350	3.19
GOURMET COOKIES <small>NUTS!</small> Salted Caramel, Reeses Peanut Butter	cal. 420-580	3.19
BROWNIES <small>NUTS!</small> Rocky Road Brownie, Blondie	cal. 420-530	3.19
MUFFINS <small>NUTS!</small>	cal. 300-540	3.99
CINNAMON ROLL	cal. 820	3.89

SMOOTHIES

STRAWBERRY BANANA	cal. 380	5.59
MANGO	cal. 380	5.59

*All smoothies contain dairy

*2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

SIGNATURE SANDWICHES

CADILLAC CHICKEN on a Multigrain boule cal. 860 9.19
Fresh chicken breast, provolone cheese, hickory smoked bacon, Romaine lettuce, tomato, honey mustard dressing

CHICKEN SALAD on a Croissant **NUTS!** cal. 730 7.89
Homemade chicken salad, Romaine lettuce, tomato

CHICKEN SALAD & APPLES on a Multigrain boule **NUTS!** cal. 810 8.39
Homemade chicken salad, blue cheese dressing, hickory smoked bacon, Granny Smith apples

ORIGINAL VEGGIE on a French boule cal. 700 7.69
Cucumbers, tomato, Romaine lettuce, roasted red peppers, fresh avocado slices, mayo, provolone cheese

TURKEY CHEEZER on a Multigrain boule cal. 830 8.39
Turkey, provolone cheese, Romaine lettuce, tomato, mayo

HAM CHEEZER on a Multigrain boule cal. 730 8.39
Ham, swiss cheese, Romaine lettuce, tomato, spicy brown mustard, mayo

HOT SANDWICHES

CHICKEN PORTABELLA on Cuban bread cal. 750 8.39
Fresh chicken breast, portabella mushroom, roasted red peppers, provolone cheese, basil pesto aioli

GRILLED CHEESE on Texas toast cal. 560 5.29
Melted provolone and cheddar cheeses

UNDER 450 CALORIES

HUMMUS, CHICKEN, & GOAT CHEESE WRAP cal. 440 6.99
on a Flour tortilla
Fresh chicken, hummus, Romaine lettuce, diced tomatoes, diced cucumbers, Goat cheese, balsamic vinaigrette



CADILLAC CHICKEN



CHICKEN PORTABELLA

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SIGNATURE WRAPS

TURKEY-BACON-AVOCADO cal. 540 9.49
 on a Whole Wheat tortilla
 Turkey, hickory smoked bacon, fresh avocado slices,
 Romaine lettuce, tomato, basil pesto aioli

BUFFALO on a Tomato Basil tortilla cal. 640 7.39
 Fresh chicken breast, cheddar cheese, tomato,
 Romaine lettuce, buffalo sauce,
 blue cheese dressing

GRAIN BOWLS

SOUTHWEST served with Firecracker sauce cal. 450 8.79
 Brown rice, Romaine lettuce, black beans,
 sauteed corn, fresh chicken breast, tomatoes,
 fresh avocado slices, green onions, fresh cilantro

ASIAN INSPIRED NUTS! cal. 540 8.79
 served with Asian Sesame dressing
 Romaine lettuce, brown rice, fresh chicken,
 cucumber, shredded carrots, roasted red peppers,
 mandarin oranges, toasted almonds

SALADS

GARDEN SALAD cal. 170 8.39
 Romaine lettuce, tomato, cucumber,
 cheddar cheese, hard boiled egg

COBB SALAD cal. 350 8.99
 Romaine lettuce, fresh chicken breast,
 hickory smoked bacon, blue cheese crumbles

CHEF SALAD cal. 250 8.99
 Turkey, Ham, Romaine lettuce, tomato,
 cucumber, cheddar cheese, hard boiled egg

SOUPS

SMALL cal. 85-265 4.89
LARGE cal. 165-500 7.69



TURKEY BACON AVOCADO WRAP



ASIAN INSPIRED NUTS!

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VALUE MEALS

LIMITED TIME ONLY

BREAKFAST served until 10:30am
includes **FRUIT & COFFEE** or **FOUNTAIN DRINK**

THE BREAKFAST BURRITO cal. 630
Scrambled eggs, sausage, cheddar cheese,
diced tomatoes, green onions,
served with salsa

EGG & CHEESE CROISSANT cal. 500

CHOICE OF MUFFIN  cal. 380-420

LUNCH begins at 10:30am

ORIGINAL VEGGIE on a French boule
includes chips & fountain drink

TURKEY CHEEZER on a Multigrain boule
includes chips & fountain drink

HAM CHEEZER on a Multigrain boule
includes chips & fountain drink

SOUTHWEST served with Firecracker sauce
Brown rice, Romaine lettuce, black beans, sauteed corn, fresh chicken
breast, tomatoes, fresh avocado slices, green onions, fresh cilantro
includes fountain drink

GARDEN SALAD
Romaine lettuce, tomato, cucumber, cheddar cheese, hard boiled egg
includes fountain drink



RISING ROLL
gourmet café

\$5.99

FOR A LIMITED
TIME ONLY!

JUST CHICKEN SANDWICH



PICK A SAUCE

FIRECRACKER

HONEY
BUFFALO

PESTO AIOLI

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