

Sandwiches

Wheatberry, white, rye, croissant, or wrap
Served w/ a pickle spear and your choice of side
Half – 4.45 Whole – 6.45

Tuna Salad

Tuna salad, light mayo, lettuce, tomato

Chicken Salad

Chicken salad, light mayo, lettuce, tomato

Turkey Cranberry

Turkey, light cream cheese, whole cranberry sauce, sunflower seeds, raisins

California Chicken Salad

Chicken salad, light mayo, fresh grapes, toasted almonds

Turkey Club

Turkey, light mayo, bacon, cheese, lettuce, tomato

Italian Combo

Turkey, ham, salami, pepperoni, light mayo, provolone, lettuce, tomato, mild yellow peppers (banana peppers)

The Veggie

Lettuce, tomato, cucumber, roasted red peppers, spicy mustard or light mayo, provolone cheese

Ham n' Cheese or Turkey n' Cheese

Any cheese, light mayo or mustard, lettuce, tomato

PBJ or PBBH – 2.50

Peanut butter w/ grape or strawberry jelly, or w/ banana, honey, cinnamon (side not included)

Grilled Sandwiches

Available whole only

Grilled Corned Beef – 6.95

Corned beef, house-made spicy mustard, sauerkraut, horseradish, Swiss cheese, on dark rye (side not included)

Avocado Tuna Melt – 6.45

Tuna salad, light mayo, cheddar cheese, avocado, jalapenos (w/ pickle spear and choice of side)

Grilled Cheese – 2.50

Any cheese, any bread, w/ or w/o butter or cream cheese (side not included)

Sides

Potato or pasta salad, sm. veggies n' dip, sm. fruit cup – 1.25
Chips – .95

Smoothies

12 oz – 2.95 20 oz – 4.95

The Crave

Strawberries, banana, honey, vanilla

Fruit n' Yogurt

Non-fat yogurt, banana, choice of fruit, honey, vanilla

Power Peach

Peaches, banana, strawberries, orange juice, vanilla

Mango Mania

Mangos, strawberries, banana, papaya nectar, honey, vanilla

Strawberry Kiwi

Strawberries, kiwi, banana, papaya nectar, honey, vanilla

Berry Blue

Strawberries, blueberries, banana, papaya nectar, lime, honey, vanilla

Nut n' Banana

Two bananas, pecans or almonds, honey, vanilla

Colada Crave

Pineapple, cream of coconut, banana, honey, vanilla

Mocha Java Chill

Banana, low-fat frozen vanilla yogurt, coffee, mocha latte

Jazzberry

Raspberries, strawberries, banana, papaya nectar, honey, vanilla

Blackberry Bliss

Blackberries, banana, strawberries, papaya nectar, lime, honey, vanilla

PB Banana

Peanut butter, banana, low-fat milk, non-fat vanilla yogurt, honey

Hot Cocoa Freeze

Hot cocoa mix, low-fat milk, low-fat frozen vanilla yogurt, whipped cream topping

Peach Pineapple

Pineapple, peaches, strawberries, banana, vanilla

Add a kick to your smoothie

Calcium Plus, SuperGreen, Glucosamine - **.75 each**

Whey, Soy, Vitamin C, Bee Pollen, Ginseng, Flax Seed - **.50 each**

Soup, Salad & More

Cup – 2.95 or Bowl – 3.95 of Soup

Garden Salad – 3.95

Lettuce, tomato, shredded carrots
(add chicken/tuna salad or grilled chicken) – **4.95**

Side Salad – 2.95

Chicken Caesar Salad – 4.45

Caesar Side Salad – 3.45

Veggies n' Dip - 4.95

Carrots, broccoli, celery, tomatoes w/ light ranch dressing

Fresh Fruit Cup – 3.95

12 oz assorted fruit

Fruit & Yogurt Parfait – 3.95

12 oz non-fat vanilla yogurt, blueberries, strawberries, granola

Soft Served Yogurt – 1.85

4 oz low-fat frozen vanilla yogurt w/ choice of topping - **.50 each**

Energy or Protein Bar – 1.65

Cinnamon Roll – 2.25

Breakfast

Bagel - 0.95

Plain, honey wheat, everything, blueberry, cinnamon raisin

Bagel Sandwich – 2.75

Cream cheese or mozzarella, Roma tomatoes, oregano

Breakfast Sandwich/Wrap – 2.25

Choices include egg, bacon, ham, cheese

Oatmeal – 1.50

Add fresh fruit, raisins, dried cranberries, almonds, pecans, peanut butter, brown sugar, cinnamon, honey, maple syrup

Two toppings included, additional toppings - .50 each

Espresso & Coffee

Espresso (2 oz) – 2.00

Add a shot – 1.00

Latte (12 oz) – 3.50

Mocha Latte – 4.00

Vanilla Latte – 4.00

Cappuccino (6 oz) – 3.00

Americano (8 oz) – 2.50

French Press (12 oz) – 2.50

Cold Brew (16 oz) – 3.00

Hot Cocoa (12 oz) – 2.50

Other Beverages

Fresh Squeezed Juices

12oz – 3.25 or 20oz – 4.85

Carrot, apple, orange or any combo w/ celery, cucumber

Frozen Lemonade – 2.95

16 oz Strawberry or Tropical

Iced Tea

12oz – .75 or 20oz – 1.25

Bottled Water – 1.25

Bottled/Canned Soda – 1.50/0.95

Red Bull – 2.25

Bottled Teas – 1.25

Fuze – 1.25

Gatorade – 1.75

Lunch Platter - \$55

Sandwich & Side Combo (serves 10)

Choices: Turkey Cranberry, Tuna Salad, Chicken Salad, California Chicken Salad, Italian Combo, Turkey Club

Bread: wheat, white, rye, croissant

Wrap: wheat, garlic herb, spinach, tomato

Sides: baked potato salad, Italian pasta salad, small fruit cup, chips

Delivery available upon request