



## BREAKFAST

Available all day

**Pancakes** 3.25  
3 buttermilk pancakes with fresh fruit  
add breakfast meat 1.00

**Bagel** 1.50  
Plain, cinnamon raisin, sunflower grain,  
everything  
Add cream cheese 0.75

**Egg Sandwich** 4.25   
Your choice of bread, meat, and cheese

**Muffins** 2.75  
Berry cobbler, apple bran,  
banana nut, chocolate chip, carrot  
cream cheese, blueberry, lemon  
poppy seed, pumpkin, mighty

**Multigrain Toast** 1.00

**English Muffin** 1.50

**Croissant** 2.50



## SMOOTHIES

**Berry Smoothie** 3.75  
Strawberries, blueberries, mango, banana,  
pineapple

**Peanut Butter** 3.75   
Peanut butter, cocoa powder, almond milk

**Tropical Smoothie** 3.75  
Pineapple, strawberry, mango

**Caribbean Smoothie** 3.75  
Tamarind pulp, mango, banana

**Piña Colada** 3.75  
Pineapple, coconut milk, coconut flakes,  
pineapple juice

**Tropical Piña Colada** 3.75  
Pineapple, coconut milk, coconut  
flakes, mango, strawberry

**Mango Passion Fruit** 3.75  
Mango, passion fruit pulp,  
papaya pulp

**Strawberry Banana** 3.75  
Blended with 2% milk

**Add-ons:**  
2% milk, almond milk, juice 0.50  
Baby spinach 0.50  
Greek yogurt 1.25  
Vanilla protein powder 1.00



## SANDWICHES



Make it a combo (add water & chips) 1.50

**Turkey Sandwich** 4.00  
Turkey, american cheese, lettuce, tomato,  
onion, avocado or chipotle spread

**Ham and Cheese Croissant** 4.00   
Ham, yellow american cheese

**Grilled Cheese** 3.50   
Fresh mozzarella and yellow american cheese  
on sliced sunflower grain bread

**Caprese** 3.50   
Pesto, fresh mozzarella, tomato  
with chicken 4.00

**Juan** 3.75    
Lettuce bed, turkey, cheese, avocado,  
tomato, onion

## WRAPS

**Chicken Avocado** 4.00  
Carrots, red peppers, romaine, avocado spread on a spinach wrap

**Chicken Chipotle** 4.00  
Cheddar jack cheese, carrots, red peppers, black beans, corn, romaine,  
chipotle spread, on a whole wheat wrap

**Chicken Caesar** 4.00  
Parmesan cheese, romaine, and caesar dressing on a whole wheat wrap

**Veggie Hummus** 4.00  
Carrots, red peppers, cheddar jack cheese, corn, black beans, romaine,  
spinach, hummus, on a tomato basil wrap



## SALADS

Available starting at 11:15am

**Regular** 4.00 **Small** 3.00  
Add chicken 1.00 Add avocado 1.00

**Southwest**     
Romaine, spinach, red peppers, corn, black  
beans, tomatoes, carrots, cheddar jack  
cheese, lemon vinaigrette

**Chef**    
Romaine, turkey, ham, swiss cheese, cheddar  
cheese, tomatoes, cucumber, boiled eggs,  
chef dressing

**Caesar**    
Romaine, parmesan cheese, croutons, caesar  
dressing

**Seasonal Salad**  
Ingredients vary by season

## SOUP OF THE DAY

Served with a piece of avocado and tortilla strips

**Small** 3.00 **Large** 4.00 **Soup & Salad Combo** 5.50

## DRINKS

**Hot Coffee** small 1.25 large 1.50

**Hot Chocolate** small 1.50 large 2.25

**Hot Tea** 1.25

**Mocha** small 1.50 large 2.25

**Bottled Water** 1.00

**Sparkling Water** 1.50

**Juice** 2.00

**Izze Sparkling Juice** 1.50

**Milk** 1.00



## SNACKS

**Hummus Cup** 1.25  

**Hard Boiled Egg** 0.50  

**Fruit Parfait** 3.25

**Greek Yogurt** 1.50

**Cereal** 1.35

**Peanut Butter**  
2oz 0.50  
4oz 1.00



 HEART HEALTHY

 LOW CALORIE

 LOW CARB

Prices include Sales Tax