



# MENU

\*PRICES SUBJECT TO CHANGE

## Breakfast

### BREAKFAST SANDWICHES (BACON, HAM, SAUSAGE)

Egg & Cheese	\$ 6.25
Egg, Cheese & Meat	\$ 8.50
Egg, cheese, veggie	\$ 8.50

### EGG BITES \$ 3.25

Ham & Cheddar  
Sausage, Spinach, & Cheese  
Veggie, Cheese, & Egg White

### AVOCADO TOAST \$ 6.25

Add Egg For \$1.60 (Scambled Eggs)

### GRANOLA YOGURT BOWL \$ 6.25

Fresh Seasonal Fruit And Vanilla  
Almond Yogurt With Granola

### STEEL CUT OATS \$ 6.25

Blueberries, Pecan, Banana,  
Brown Sugar (On The Side)

### QUICHE (SORRY, NO SUBSTITUTING INGREDIENTS) \$ 6.25

Sausage, Spinach, & Cheese  
Bacon, Spinach, & Cheese  
Veggies & Cheese

### SIDES

Side of Bacon	\$ 1.75
Side of Sausage	\$ 1.75
Side of Egg (Scambled)	\$ 1.60

## Lunch Sandwiches

### ITALIAN TRIO \$ 11.00

Ham, Capicola, Salami, Banana  
Peppers, Spinach, Onion,  
Tomatoes, Provolone Cheese,  
Italian Dressing

### THE CLUB \$ 11.00

Turkey, Ham, Bacon, Spinach,  
Tomato, Onion, Swiss Cheese,  
Mayo

### TURKEY BACON AVOCADO \$ 11.00

Pan Roasted Trukey, Thick Cut  
Bacon, Cheese, Spinach,  
Tomato, Onion, Smashed  
Avocado

### BUFFALO CHICKEN \$ 11.00

Buffalo Chicken, Buffalo Ranch,  
Romaine, Tomato, Onion,  
Marble Cheddar

### SPRING CHICKEN \$ 11.00

Garlic & Herb Chicken, Pesto,  
Mozzarella, Spinach, Tomato,  
Onion

### CHICKEN BACON & RANCH \$ 11.00

Fried Chicken Deli Meat, Bacon,  
Cheese, Romaine, Tomatoes,  
Onion, Ranch

### VEGGIE \$ 8.50

Egg, Cheese, Spinach, Tomato,  
Bell Pepper, Onion, Cucumber,  
Hummus, Avocado

## Bagels/Cheeses/Toppings

(ALL SANDWICHS ARE STEAMED, TOASTED, & SERVED ON A BAGEL, BAGEL THIN, OR CIABATTA)

### BAGELS/BREADS

Plain, Everything, Asiago,  
Honeywheat, Blueberry, Rye,  
Bagel Thin, Ciabatta

### CHEESES

American, Marble Cheddar,  
Provolone, Pepper Jack, Swiss,  
Muenster, Mozzarella

### TOPPINGS

Spinach, Tomato, Onion, Bell Pepper,  
Cucumber, Romaine, Hummus,  
Banana Peppers, Mayo, Mustard,  
Italian Dressing, Extra Cheese (\$),  
Smashed Avocado(\$)