



SPECIALTY SANDWICHES

LUNCH SANDWICHES

BREAKFAST SANDWICHES

THE BOSTON

3 EGGS, SAUSAGE, CHEDDAR,
SPINACH, HOME FRIES, IN A WRAP

THE GOODY

2 EGGS, SAUSAGE, HASH BROWN,
AVOCADO, HOT SAUCE ON WRAP

THE STINGER

3 EGGS, BACON, CHEDDAR, HASH
BROWN, MIKE'S HOT HONEY ON
CINNAMON RAISIN BAGEL

THE GURU

2 EGG WHITES, SPINACH, SWISS,
TURKEY, ON WRAP

HUNGRY MAN

3 EGGS, BACON, HAM, CHEESE,
HASHBROWN

HEALTHY MAN

3 WHITES, TURKEY, ALPINE LACE

HEALTHY WOMAN

3 WHITES, SPINACH, MUSHROOMS,
TOMATO. ALPINE LACE

BREAKFAST BURRITO

3 EGGS, RICE, BEANS, CHEESE,
(CHOICE OF) SAUSAGE, BACON, HAM,
OR TURKEY

SWEET AS HONEY

CHICKEN CUTLET, HONEY MAPLE
TURKEY, SWISS, HONEY MUSTARD

THE ROSLYN

GRILLED CHICKEN, BALSAMIC,
MOZZARELLA, ROASTED RED
PEPEPRS, TOMATO

THE RED

GRILLED CHICKEN, CHEDDAR,
BACON, AVOCADO ON ROLL

LOX OF LOVE

FRESH NOVA, CREAM CHEESE,
TOMATO, ONION, CAPERS ON
CHOICE OF BAGEL

THE CHICK

CHICKEN CUTLET, HOT SAUCE,
PEPPER JACK, LETTUCE, TOMATO

THE SOHO

HOT PASTRAMI, PROVOLONE,
GRILLED ONIONS, SLICED PICKLES,
CHIPOTLE MAYO

THE OL' RELIABLE

CHICKEN CUTLET, BACON,
MOZZARELLA, BBQ SAUCE

PROTEIN MAN

3 WHITES, ALPINE LACE, TURKEY,
GRILLED CHICKEN BREAST

THE NORTHERN

HOT TURKEY, BACON, LETTUCE,
TOMATO, RUSSIAN DRESSING

