



BREAKFAST

Served All Day and Includes a Cup of Coffee

Two Eggs Any Style // \$5.25

Served with a slice of wheat or rye bread
Additional 0.75 for sourdough or multigrain ciabatta

Breakfast Burrito // Large \$6.95, Mini \$3.50

Scrambled eggs, cheddar cheese, and salsa in a flour tortilla

Pancakes (Yoshon) //

Short stack (2) \$4.95, Tall stack (4) \$6.95

+ *chocolate chips* (\$1.05)

+ *blueberries* (\$2.05)

Breakfast Bagel // \$6.25

Two eggs scrambled with cheddar cheese and a side of salsa

Challah French Toast // \$5.15

Served with butter and syrup

Huevos Rancheros // \$8.50

Two fried eggs served over a crispy tostada with refried beans, topped with cheddar cheese and salsa

OMELETS

Served All Day. Made with Three Eggs and a Choice of Hash Browns or a Side of Wheat or Rye Toast. Egg Whites are Available Upon Request

Cheese Omelet // \$9.25

Select cheddar, mozzarella or dairy free cheese

Garden Vegetable Omelet // \$11.50

Mushroom, tomato, peppers, and onions

Italian Omelet // \$11.50

Mushrooms, peppers, onions, and mozzarella

South of the Border Omelet // \$11.50

Salsa, avocado, cheddar cheese, sauteed onion and peppers

Grilled Vegetable Omelet // \$12.50

Zucchini, eggplant, yellow squash, mushrooms, red peppers, and onion

Craft Your Own Omelet // \$10.95

Cheddar or mozzarella cheese, and 3 vegetables

QUESADILLAS

Served on a White, Wheat, or Spinach Tortilla

Cheese (Cheddar, Mozzarella or Both) // \$5.75

Cheddar and Feta // \$6.50

Cheddar, Feta, and Avocado // \$8.75

Tomato, Cheddar, and Tuna // \$9.85

Cheddar, Avocado, and Tomato // \$8.75

Tomato and Mozzarella // \$6.25

Cheddar, Feta, Olives & Pepperoncini // \$8.75



GRILLED SANDWICHES & WRAPS

Available on Multigrain Ciabatta, Wheat, Sourdough, or Rye Bread,
White, Wheat or Spinach Flour Tortilla

Cheddar // \$6.25

Tomato, Cheddar Cheese, Avocado // \$8.20

Grilled Cheddar, Mozzarella, Feta // \$8.75

Portobello Mushroom Wrap // \$11.50

Portobello mushroom, mixed peppers, feta
cheese, and red onion

Grilled Vegetable and Feta // \$11.50

Eggplant, zucchini, yellow squash, red onion,
red pepper, mushrooms, and feta cheese

Rosemary Salmon // \$12.50

Lettuce, Tomato and Feta

Cheddar, Feta, Avocado // \$8.75

Grilled Cheddar and Tomato // \$7.75

Mozzarella and Tomato // \$5.95

Tuna Melt // \$10.25

With cheddar cheese

Tuna Salad // \$9.95

With Lettuce and Tomato

Egg Salad // \$8.95

With Lettuce and Tomato

PRE-MADE SALADS

Add On Additional Proteins (Options Available in Online Ordering)

Garden // \$7.50

Mixed greens, tomato, cucumber, carrots,
peppers, light Italian dressing

Cesar // \$7.50

Spinach Health // \$8.50

Spinach, baby corn, sunflower seeds, craisins,
avocado, poppy seed dressing

Greek // \$8.95

Romaine lettuce, red onions, peppers, black
olives, tomatoes, cucumbers, feta cheese, Greek
dressing

Nicoise // \$8.95

Mixed greens, tuna flakes, green olives, cherry
tomatoes, green beans, sliced eggs, Nicoise
dressing

Spinach Health and Salmon Flakes // \$11.95

Spinach and Feta // \$9.95

Spinach, red peppers, carrots, craisins,
cashews, feta cheese, Mediterranean herb
balsamic dressing



SALAD BAR – BUILD YOUR OWN

Medium **\$8.20** Large **\$10.25**

Step 1: Select Your Base

Romaine Spinach Mixed Greens

Step 2: Select Your 3 Included Toppings

Group A (\$0.75 each additional topping)

Cucumber	Corn	Croutons	Olives	Roasted beets
Baby corn	Chickpeas	Green beans	Peppers	Roasted sweet potato
Boiled eggs	Cherry tomatoes	Mandarin oranges	Pepperoncinis	Sun-dried tomato
Carrots	Craisins	Mushrooms	Red onions	Sunflower seeds

Group B (\$1.50 each)

Almonds Cashews. One scoop tuna salad

Group C (\$2.50 each)

Avocado	Shredded cheddar
Shredded mozzarella	Rosemary salmon flakes
Tuna salad two scoops	Flaked tuna
Parmesan	Feta cheese

Step 3: Dressing

Balsamic Vinaigrette	Mandarin
Caesar	Mediterranean Herbed Balsamic
Citrus sesame	Nicoise
Greek	Poppy seed



A LA CARTE

Bagel choices: White wheat, sesame, everything

Bagel with Cream Cheese // \$3.30

Bagel with Butter // \$2.75

Bagel with Jelly // \$2.95

Bagel with Tuna // \$3.25

Bagel with Egg Salad // \$3.25

Kids Pizza Bagel // \$5.50

Side of Toast (2 slices) // \$2.75

Wheat, rye, sourdough, or multigrain ciabatta served with butter and jelly

Hash Browns // \$2.50

Muffins // \$2.50

SIDES AND DESSERTS

Bowl of soup // \$5.25

Quart of Soup // \$8.50

Monster Chocolate Chunk Cookies // \$2.95

Brownie // \$1.85

Regular French Fries // \$4.50

Curly Seasoned Fries // \$5.50

Ice Cream (For In-store Sale Only)

1 scoop - \$2.75

2 scoops - \$4.95

BEVERAGES

Coffee Drinks

Short (12 oz) // \$1.85

Tall (16 oz) // \$2.05

Grande (20 oz) // \$2.35

Red Eye (1 shot espresso plus coffee)

Sml // \$2, Med \$2.30, Lg \$2.60

Black Eye (2 shots espresso plus coffee)

Sml // \$2.60, Med \$2.75, Lg \$3.15

Americano // \$4.25

Espresso // **Single Shot \$1.80**

Double Shot \$2.10

Cappuccino and Lattes

Short // \$3.10

Tall // \$3.60

Grande // \$4.05

Iced Coffee

Tall // \$2.45

Grande // \$2.75

Ice Blended Cocoaccinos

Tall // \$5.05

Grande // \$5.75

Chocolate, vanilla, moccachino, chai latte, toffee caramel, cappuccino

Sugar free options:

chocolate, vanilla, cappuccino

Iced Tea

Tall // \$2.25

Grande // \$2.25

Hot Tea // \$2.05

Milk Shakes

Tall // \$4.75

Grande // \$5.80

Chocolate, vanilla, mint chocolate chip, cookies & cream, strawberry, birthday cake

(Check store for additional flavors of the week)