BREAKFAST

Breakfast Wrap $4.50
Eggs, sausage, spinach, salsa & cheddar cheese in a wheat tortilla

Avocado Toast with Salmon $7.00
Avocado mash, smoked salmon, capers & red onions on toasted multigrain

Oatmeal $3.70
Slow cooked oats with your choice of brown sugar, Craisins, raisins, Granny Smith apples or walnuts

Peanut Butter Granola Wrap $4.30
Peanut butter, Granny Smith apples, granola, & honey in a wheat tortilla

English Muffin Sandwich $5.10
Egg whites, turkey sausage, avocado & pepper jack cheese on a toasted English Muffin

Focaccia Breakfast Sandwich $5.25
Eggs, ham, cheddar cheese, tomatoes & chipotle mayo on grilled focaccia

BUILD YOUR OWN BREAKFAST SANDWICH

1. BREAD:
- Bagel $1.70
- Croissant $2.25
- Whole Wheat Toast, Tortilla or English Muffin $1.70
- GF Bread $2.25

2. EGGS:
- Baked Eggs or Egg Whites $ .95

3. PROTEIN: $1.15
Bacon, Ham, Turkey, Pork or Turkey Sausage

4. VEGETABLES:
- Avocado $ .75
- Tomatoes $ .55
- Roasted Red Peppers & Spinach $ .95

5. CHEESE: $ .65
American, Cheddar, Pepper Jack, Provolone, Swiss

CAFE SALADS $8.50

6 North Wedge Salad
Crisp iceberg, candied bacon, blue cheese crumbles, tomatoes, red onions & avocado
Chipotle Ranch Dressing

Greek Salad
Leaf lettuce with Kalamata olives, cucumbers, red onions, tomatoes, green peppers & Feta cheese
Greek Dressing

Custom Cobb
Your choice of HAM, TURKEY, TUNA or CHICKEN with leaf lettuce, sliced eggs, tomatoes, avocado, black olives & blue cheese crumbles
Homemade Ranch Dressing

Chicken Caesar
6 North version of the classic Caesar with leaf lettuce, grilled chicken, sun dried tomatoes, red onions, Parmesan cheese & croutons
Classic Caesar Dressing

Mandarin Orange & Chicken
Baby spinach & spring mix topped with grilled chicken, Granny Smith apples, mandarin oranges, blue cheese crumbles & cinnamon sugar walnuts
Brown Sugar Vinaigrette

1/2 Cafe Salad & Soup $9.00
Choose any Cafe Salad & Soup of the Day or Chili

Salads can be prepared without Gluten ingredients

Kale Power Salad $9.75
Crunchy kale mix, smoked salmon, cucumbers, red onions, tomatoes & Parmesan cheese
Sesame Ginger Dressing

Mixed Fruit & Walnut
Granny Smith apples, red onions, blue cheese crumbles Craisins, toasted walnuts on spring mix & spinach
Raspberry Walnut Vinaigrette

Mexican Fiesta with Chicken
Leaf lettuce with black olives, corn, avocado, tomatoes & cheddar cheese topped with chicken & tortilla strips
Chipotle Ranch Dressing

Homemade Pasta Salad
cup $2.60 / bowl $3.65
Tri-colored rotini pasta with green peppers, black olives, green onions & tomatoes in Italian dressing

Side Salad $2.90
Leaf lettuce, tomatoes & croutons
Your choice of dressing

DRESSINGS

GF: Homemade Ranch • Chipotle Ranch
Brown Sugar Vinaigrette
Golden Italian • Fat Free Italian • Classic Caesar
Greek • Dijon Honey Mustard • Sesame Ginger
Balsamic Vinaigrette • Raspberry Walnut Vinaigrette

6 north cafe

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Monday - Friday 6am - 8pm
Saturday & Sunday 7am - 7pm

ORDER ONLINE www.6northcafe.com