

BREAKFAST

Breakfast Wrap Eggs, sausage, spinach, salsa & cheddar cheese in a wheat tortilla	\$6.75	Avocado Toast with Salmon Avocado mash, smoked salmon, capers & red onions on toasted multigrain	\$9.00
Veggie Breakfast Wrap Egg whites, spinach, pepper jack cheese, roasted red peppers & black beans in a spinach tortilla	\$6.75	English Muffin Sandwich Egg whites, turkey sausage, avocado & pepper jack cheese on a toasted English Muffin	\$7.45
Peanut Butter Granola Wrap Peanut butter, Granny Smith apples, granola & honey in a wheat tortilla	\$5.95	Focaccia Breakfast Sandwich Eggs, ham, cheddar cheese, tomatoes & chipotle mayo on grilled focaccia	\$7.45
Waffles	\$6.00	Bagels & Lox	\$8.50
Oatmeal	\$5.00	Yogurt Parfait	\$5.00

BUILD YOUR OWN BREAKFAST SANDWICH

Bagel	\$2.75	Bacon, Ham, Turkey,	
Croissant	\$2.85	Pork or Turkey Sausage	\$2.00
Whole Wheat Toast, Tortilla or English Muffin	\$2.75	Avocado	\$2.00
GF Bread	\$2.45	Tomatoes	\$.55
		Roasted Red Peppers & Spinach	\$.95
Baked Eggs or Egg Whites	\$1.75	American, Cheddar, Pepper Jack, Provolone, Smoked Gouda or Swiss Chesses	\$ 1.00

WRAPS \$12.00

Includes your choice of side

Apple & Turkey

Shaved turkey, Granny Smith apples, red onions, cheddar cheese & Dijon honey mustard in a wheat tortilla

Honey Chicken

Grilled chicken, bacon, lettuce, tomato & cheddar cheese with Dijon honey mustard in a wheat tortilla

Veggie Wrap

Roasted corn & black bean salsa, pepper jack cheese, spinach & carrots in a spinach tortilla

Buffalo Chicken

Grilled chicken, carrots, red peppers, blue cheese crumbles, lettuce, ranch & Buffalo sauce in a wheat tortilla

Chicken Salad

Homemade chicken salad, Granny Smith apples, Craisins, toasted walnuts, spinach & raspberry walnut vinaigrette in a wheat tortilla

Thai Chicken

Grilled chicken, red peppers, pepper jack cheese, lettuce & Thai chili sauce in a wheat tortilla

SIDES

Mac & Cheese • Potato Salad • Pasta Salad • Side Salad • Chips • Sub Soup + \$2.75

MAC & CHEESE BOWLS \$9.75 Served with pretzel bites

Buffalo Chicken Mac

Grilled chicken with buffalo sauce topped with blue cheese crumbles & scallions

Bacon & Jack

Candied bacon & pepper jack cheese

Chili Mac

Covered with chili & cheddar cheese, topped with sour cream

SOUP OF THE DAY or CHILI \$6.00

Served with a bread roll

Available after 10 am.

KIDS MEAL \$6.00 Includes yogurt & choice of drink

Mac & Cheese • Grilled Cheese • PB & J • Turkey & Cheese • Ham & Cheese

6 north cafe

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