

BREAKFAST

Breakfast Wrap

Eggs, sausage, spinach, salsa & cheddar cheese in a wheat tortilla

\$4.95

Veggie Breakfast Wrap

Egg whites, spinach, pepper jack cheese, roasted red peppers & black beans in a spinach tortilla

\$4.95

Peanut Butter Granola Wrap

Peanut butter, Granny Smith apples, granola & honey in a wheat tortilla

\$4.70

Avocado Toast with Salmon

Avocado mash, smoked salmon, capers & red onions on toasted multigrain

\$7.70

English Muffin Sandwich

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

\$6.20

Focaccia Breakfast Sandwich

Eggs, ham, cheddar cheese, tomatoes & chipotle mayo on grilled focaccia

\$5.75

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	\$1.00
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3. PROTEIN:

Bacon, Ham, Turkey, Pork or Turkey Sausage

\$1.25

4. VEGETABLES:

Avocado	\$1.50
Tomatoes	\$.55
Roasted Red Peppers & Spinach	\$.95

5. CHEESE:

American, Cheddar, Pepper Jack, Provolone, Smoked Gouda, Swiss

\$.75

WRAPS \$9.65 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 for sides +\$2.00

MAC & CHEESE BOWLS \$8.99 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 \$4.65 Served with a Companion Roll

Available after 10 am.

KIDS MEAL \$4.20 Includes yogurt & choice of drink

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

6 north cafe

14438 Clayton Road
Ballwin, MO 63011
636.527.0400

ORDER ONLINE www.6northcafe.com

