

## BREAKFAST

### Breakfast Wrap

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

\$6.25

### Avocado Toast with Salmon

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

\$8.70

### Veggie Breakfast Wrap

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

\$6.25

### English Muffin Sandwich

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

\$6.95

### 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

\$6.95

### Waffles

\$6.00

### Bagels & Lox

\$8.50

### Oatmeal

\$5.00

### Yogurt Parfait

\$5.00

### Breakfast Potatoes

\$3.00

## BUILD YOUR OWN BREAKFAST SANDWICH

Bagel \$2.50

Croissant \$2.75

Whole Wheat Toast, Tortilla or English Muffin \$2.50

GF Bread \$2.25

Baked Eggs or Egg Whites \$1.50

Bacon, Ham, Turkey, \$2.00

Pork or Turkey Sausage \$2.00

Avocado \$2.00

Tomatoes \$ .55

Roasted Red Peppers & Spinach \$ .95

American, Cheddar, Pepper Jack,

Provolone, Smoked Gouda

or Swiss Chesses \$1.00

## WRAPS \$11.00 Includes your choice of side

### Apple & Turkey

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

### Buffalo Chicken

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

### Honey Chicken

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

### Chicken Salad

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

### Veggie Wrap

Roasted corn & black bean salsa, pepper jack cheese, spinach & carrots in a spinach 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 + \$2.50

## 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 \$5.75

Served with a bread roll

Available after 10 am.

## KIDS MEAL \$5.25 Includes yogurt & choice of drink

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

# 6 north cafe

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