



* prices are subject to change *

BAKERY

Bagel	.99
-------	-----

Plain, Sesame, Onion, Poppy, Everything, Whole Wheat

Baguette	1.39
----------	------

Pastries	2.29
----------	------

Cheese Pastries	2.79
-----------------	------

Donuts	1.39
--------	------

Muffins	2.59
---------	------

Low-fat and Regular

BREAKFAST

* prices are subject to change *

OMELETTES

Buttered Bagel Included

Design Your Own	6.99
-----------------	------

Any 3 Veggies and Mozzarella

OTL Omelette	6.99
--------------	------

Fried Onions, Mushrooms, Tomatoes, Mozzarella

Armando's Omelette Mexican	6.99
----------------------------	------

Onions, Jalapeno Peppers, Tomatoes

Western	7.99
---------	------

Avocado, Purple Onion, Mozzarella

Canadian	9.49
----------	------

Smoked Lox and Choice of 3 Veggies

Egg White Omelette	7.99
--------------------	------

|

	8.99
--	------

Veg. Additional

* prices are subject to change *

BREAKFAST DISHES

Shakshuka 12.99

Bagel Included

*Israeli Style, 3 Sunny Side Up Eggs, Vegetables, Spices & Special
Tomato Salsa Sauce*

Hash Browns 3.49

Sunny Side Up 3.99

2 eggs fried to the perfect crisp.

Buttered Bagel included.

Pancakes 4.99

Choice of Plain or Chocolate Chip

BREAKFAST COMBO SPECIALS

Commuters Special 6.99

Bagel, Scrambled Eggs, Hash Browns, Medium Plain Roast Coffee

Upgraded Special 8.49

Bagel, Choice of Omelette (Lox + 1.00), Hash Browns, Medium Plain

*Roast Coffee * prices are subject to change **

SANDWICHES

Baguette add .99

Vegetables additional

Buttered Bagel	1.59
----------------	------

Scrambled Eggs Sandwich	4.99
-------------------------	------

Tuna	4.99
------	------

Choice of Regular or Low Fat

Bagel w/ Cream Cheese	2.79
-----------------------	------

Egg Salad	4.99
-----------	------

Choice of Plain or w/Fried Onions

Lox n' Cream Cheese	6.49
---------------------	------

Avocado	5.79
---------	------

Grilled Cheese	5.79
----------------	------

LUNCH

* prices are subject to change *

WRAPS

Choice of Regular Or Whole Wheat

Tuna	7.49
------	------

Choice of Regular or Low fat Tuna
w/ Lettuce, Onions, Pickles, Tomatoes

Egg Salad	7.49
-----------	------

w/ Lettuce, Onions, Pickles, Tomatoes

Avocado	8.49
---------	------

w/ American Cheese & Tomatoes

Falafel	7.49
---------	------

w/ Chumus, Pickles, Tomatoes

Salmon Wrap	11.99
-------------	-------

Fresh Grilled Canadian Salmon, Lettuce, Pickles, Tomatoes, w/
Dressing of your choice

Grilled Vegetables	7.99
--------------------	------

w/ Mozzarella Cheese

* prices are subject to change *

PASTA

Choice of Small or Large

Fettucini Mushroom	9.49 /10.99
Alfredo	
Baked Ziti	9.49 /10.99
Penne A La Vodka	9.49 /10.99

* prices are subject to change *

PANINI

Choice of Baguette or Wrap | Plain or Whole Wheat

Tuna Melt 10.49

*Regular or Lowfat Tuna, Melted Mozzarella, Choice of 2 Vegetables
Drizzled with Specialty House Sauce*

Pizza Panini 9.99

Pizza Cheese, Special House Sauce + 3 Toppings

Breaded Eggplant 10.99

Breaded eggplant, Mozzarella Cheese, Black olives, Pesto

Portabello Spinach 10.99

*Portabello Mushrooms w/ Sundried Tomatoes, Spinach &
Mozzarella*

Avocado 10.99

Mexican Avocado, Fresh Tomatoes, Red Onion, Mozzarella

* prices are subject to change *

SALADS

Extra Toppings Additional

Tuna/Lowfat Tuna 10.99

Crisp Romaine Lettuce, Tomatoes, Purple Onions, Sour Pickles, Cucumbers, Mixed with A Dressing of your choice

Caesar 9.99

Crisp Romaine Lettuce, Cherry Tomatoes, Purple Onion, Tossed with Caesar Dressing, Topped with Onion Garlic Croutons

Greek 10.49

Crisp Romaine Lettuce, Tossed with Diced Tomatoes, Purple Onions, Topped with Feta Cheese

Create Your Own 9.99

Choice of 3 Vegetables with A choice of Dressing

Roasted Salmon 15.99

Salmon Chunks w/ Crisp Romaine Lettuce, Cherry Tomatoes, Cucumber, Diced Onions, Mixed with A Dressing of your choice

* prices are subject to change *

SPECIALTY SALADS

Caribbean Style Salad 14.99

Baby Spinach topped with Chopped Mangoes, Strawberries, Pomegranate seeds, Sprinkled with Honey Glazed Almonds & Drizzled with Honey Citrus Dressing

Waldorf Goat Cheese Salad 14.99

Made with Fresh Mixed Greens, Honey Crisp Apples, Glazed Pecans, Beets, Goat Cheese & Tossed with a White Wine Vinaigrette.

Roasted Sweet Potato & Quinoa Salad 14.99

Baby Spinach, Quinoa, Roasted Sweet Potatoes, Beets, & Marinated Mushrooms, Tossed with A Fresh Basil Vinaigrette

* prices are subject to change *

MAIN DISHES

Pizza Bagel 5.99

Choice of Regular or Whole Wheat

Stuffed Portabella Mushroom 13.99

Topped with Melted cheese

Veg. Pizza Bagel 6.99

Choice of 3 Vegetables

Choice of Regular or Whole Wheat

Eggplant Parmesean 13.99

Salmon Dish 16.99

Served with Choice of 2 Sides

Specialty Salmons additional \$1.50

Grilled Tilapia 15.99

Armando's Signature Lemon Garlic Batter Served with Basmati Rice

Served with a Choice of 2 Side Dishes

Fish n' Chips 13.99

Flounder Fish In a Baguette with Fries and Home Style Tartar Sauce

Quesadilla 10.99

FRESH ZUCCHINI, MUSHROOMS, TOMATOES AND MOZZARELA

* prices are subject to change *

Nachos	10.99
--------	-------

SERVED WITH GUACAMOLE, HOUSE SALSA, CHEESE SAUCE AND
SOUR CREAM

SOUP

Soups Of The Day	4.99
------------------	------

* prices are subject to change *

PERSONAL PIES

Made from our Exclusive Homemade Dough

Whole Wheat + \$1.00

Personal Pizza Pie	9.29
--------------------	------

Vegetables Additional

Low Fat Whole Wheat Veg. Pizza	9.99
--------------------------------	------

Wrap

Portabella Mushroom Pie	10.29
-------------------------	-------

Vegetables Additional

Tomato Olive Pie	10.29
------------------	-------

Breaded Eggplant Pie	10.29
----------------------	-------

Tri-Color Pepper Mushroom &	10.29
-----------------------------	-------

Onion Pie

Spinach & Mushroom Pie	10.29
------------------------	-------

* prices are subject to change *

SIDE DISHES

Breaded Broccoli Bites	6.99
Breaded Cauliflower	6.99
Grilled Vegetables	5.99
French Fries	5.99
Cheese Fries	7.49
Mozzarella sticks	7.99

served with marinara sauce

* prices are subject to change *

HOUSE BEVERAGES

Fresh Made Smoothie	6.99 / 7.49
---------------------	-------------

Milkshake	6.99 / 7.49
-----------	-------------

Choice of Ice Cream Flavors

Lotus and hazelnut	6.99 / 7.49
--------------------	-------------

Milkshake

Choice of Ice Cream Flavors

Cappuccino	3.99 / 4.49
------------	-------------

choice of flavoring

Lattes	4.49 / 4.99
--------	-------------

choice of flavoring

* prices are subject to change *