

# BREAKFAST WRAPS

	5.29	CAL
Chipotle Chicken, Scrambled Egg & Avocado	450	
Bacon, Scrambled Egg & Tomato	440	

# BREAKFAST SANDWICHES

## OVER EASY EGG

Bacon, Egg & Cheese	5.29	460
Egg & Cheese	4.29	390

## EGG WHITE

Avocado, Egg White & Spinach	5.29	350
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BREAKFAST WRAPS AND SANDWICHES AVAILABLE  
UNTIL 10:30AM WEEKDAYS/11AM WEEKENDS

# OATMEAL, YOGURT & FRUIT

	4.99	360
Steel Cut Oatmeal with Strawberries, Pecans & Cinnamon Crunch Topping		
Greek Yogurt with Mixed Berries	4.59	250
Seasonal Fruit Cup	3.29	60
Apple	.99	80
Banana	.99	90

# BAGELS

Bagel with 1.75 oz Cream Cheese Spread	2.69
Bagel	1.49

# CREAM CHEESE SPREADS

Plain Cream Cheese • 110/180 CAL or Reduced-Fat Cream Cheese:  
Honey Walnut • 80/140 CAL

1 Tub of Cream Cheese Spread 2.99

2 Tubs of Cream Cheese Spread 5.39

CALORIES FOR 8 OZ TUBS ARE FOR 1 OZ SERVING SIZE  
CALORIES FOR INDIVIDUAL CUPS ARE FOR 1.75 OZ SERVING SIZE

CONTAINS PEANUTS AND/OR TREE NUTS

# COFFEE, ESPRESSO & TEA

FRESHLY BREWED COFFEE & TEA	SM 12 FL OZ	REG 16 FL OZ	LG 20 FL OZ	CAL
Hot Coffee	2.19	2.39	2.59	10-25
Hot Tea		2.39		0

## ICED COFFEE

	REG 20 FL OZ	LG 30 FL OZ	CAL
Iced Coffee	2.39	2.79	15/20

## COLD BREW

	REG 16 FL OZ	LG 20 FL OZ	CAL
Madagascar Vanilla Cream	3.39	3.69	200/260
Cold Brew	2.89	3.19	15/15

## SPECIALTY BEVERAGES

		HOT CAL	ICED CAL
Caramel Latte	4.29	390	430
Madagascar Vanilla Latte	4.29	260	290
Chai Tea Latte	4.29	290	290
Caffe Latte	3.79	130	160
Cappuccino	3.79	130	
Espresso	1.99	5	

ADD SHOTS OF ESPRESSO .99 • 5 CAL/EA. OR FLAVORED SYRUP .69 • 15-60 CAL/EA.  
ALSO AVAILABLE IN DECAF, WITH SKIM, OR ALMONDMILK

CONTAINS PEANUTS AND/OR TREE NUTS

# FROZEN & COLD DRINKS

GREEK YOGURT SMOOTHIES	5.19	CAL
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Mango	290
Strawberry Banana	250
Strawberry	270

## NON-DAIRY SMOOTHIES

Green Passion	5.19	CAL
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## FROZEN DRINKS

Frozen Caramel Cold Brew	4.59	CAL
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## COLD DRINKS

	REG 20 FL OZ	CAL	LG 30 FL OZ	CAL
Unsweetened Black Iced Tea	2.59	10	2.99	20
Passion Papaya Iced Green Tea		130		190
Agave Lemonade		160		230

Soft Drinks	2.59	0-290	2.99	0-420
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2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS  
VARY. ADDITIONAL NUTRITIONAL INFORMATION IS AVAILABLE UPON REQUEST.

## NEW FLATBREAD PIZZAS

ADD HALF SALAD, HALF SANDWICH, OR CUP OF SOUP FOR 3.69

	8.89	CAL
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Pepperoni	950
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PEPPERONI, FONTINA MOZZARELLA BLEND, TOMATO BELL PEPPER SAUCE

	7.79	CAL
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Cheese	820
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FONTINA MOZZARELLA BLEND, TOMATO BELL PEPPER SAUCE

## BOWLS

ADD HALF SALAD, HALF SANDWICH, OR CUP OF SOUP FOR 3.69

		CAL
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Mediterranean	9.69	630
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Mediterranean <i>with Chicken</i>	10.39	700
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ALL ENTRÉES, EXCLUDING FLATBREAD PIZZAS, SERVED WITH CHOICE OF BAGUETTE • 180 CAL, CHIPS • 150 CAL, OR APPLE • 80 CAL

SUBSTITUTE TOMATO BASIL CUCUMBER SALAD 1.99 • 90 CAL OR FRUIT CUP 1.99 • 60 CAL

ALL RIGHTS RESERVED

## SANDWICHES

DOUBLE THE PROTEIN ON ANY WHOLE SANDWICH 1.99 EA. ADDS 100-340 CALS

YOU PICK 2

	6.49	10.49	CAL
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Steak & White Cheddar <i>Toasted</i>	430/870
Roasted Turkey & Avocado BLT	350/700

	5.79	9.59
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Chipotle Chicken Avocado Melt	440/880
Frontega Chicken <i>Toasted</i>	380/760
Bacon Turkey Bravo*	340/670

	4.79	7.99
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Smokehouse BBQ Chicken <i>Toasted</i>	380/770
Chipotle Bacon Melt	490/990
Napa Almond Chicken Salad	310/620

	4.59	7.59
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Tuna Salad	370/740
Deli Turkey	250/490

	4.29	6.59
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Classic Grilled Cheese	350/700
Mediterranean Veggie	270/540

INDIVIDUAL WHOLE COLD SANDWICHES SERVED WITH A PICKLE • 5 CAL

\* CONTAINS PEANUTS AND/OR TREE NUTS

ALL RIGHTS RESERVED

## MAC & SOUPS

YOU PICK 2	SMALL	LARGE	CAL
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5.19	5.69	8.79	
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Broccoli Cheddar Mac & Cheese	390/770
Mac & Cheese	470/950

YOU PICK 2

CUP	BOWL	CUP	BOWL	SOURDOUGH BREAD BOWL
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4.29	5.39	5.39	CAL	6.39	CAL	6.69	CAL
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NEW Homestyle Chicken Noodle	120	190	840
Cream of Chicken & Wild Rice	180	260	840
Broccoli Cheddar	230	360	900
Ten Vegetable	60	100	730
Creamy Tomato	230	330	900
Bistro French Onion	190	310	860
Autumn Squash	210	330	880

5.29	6.39	5.79	CAL	6.79	CAL	7.19	CAL
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Turkey Chili	200	300	870
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			CAL
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Turkey Chili Soup for a Group (serves 4)	20.99	700
Soup for a Group (serves 4)	17.99	220-830

V VEGETARIAN

ALL RIGHTS RESERVED

## SALADS

DOUBLE THE PROTEIN ON ANY WHOLE SALAD 1.99 EA. ADDS 80/130 CALS

YOU PICK 2

	6.59	10.99	CAL
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Green Goddess Cobb <i>with Chicken</i>	270/530
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	5.89	9.69
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BBQ Chicken	260/520
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Caesar <i>with Chicken</i>	230/460
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Fuji Apple <i>with Chicken</i>	290/580
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	4.39	7.39
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Caesar	170/330
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Greek	200/400
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## COFFEE, ESPRESSO & TEA

### FRESHLY BREWED COFFEE & TEA

SM	REG	LG	CAL
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12 FL OZ	16 FL OZ	20 FL OZ	
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Hot Coffee	2.19	2.39	2.59	10-25
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Hot Tea		2.39		0
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### ICED COFFEE

REG	LG	CAL
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20 FL OZ	30 FL OZ	
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Iced Coffee	2.39	2.79	15/20
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### COLD BREW

REG	LG	CAL
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16 FL OZ	20 FL OZ	
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Madagascar Vanilla Cream	3.39	3.69	200/260
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Cold Brew	2.89	3.19	15/15
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### SPECIALTY BEVERAGES

HOT	ICED	CAL
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Caramel Latte	4.29	390	430
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Madagascar Vanilla Latte	4.29	260	290
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Chai Tea Latte	4.29	290	290
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Caffe Latte	3.79	130	160
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Cappuccino	3.79	130	
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Espresso	1.99	5	
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ADD SHOTS OF ESPRESSO .99 • 5 CAL/EA. OR FLAVORED SYRUP .69 • 15-60 CAL/EA. ALSO AVAILABLE IN DECAF, WITH SKIM, OR ALMONDMILK

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## FROZEN & COLD DRINKS

GREEK YOGURT SMOOTHIES	5.19	CAL
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Mango	290
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Strawberry Banana	250
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Strawberry	270
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NON-DAIRY SMOOTHIES	5.19	CAL
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Green Passion	250
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FROZEN DRINKS	4.59	CAL
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Frozen Caramel Cold Brew	470
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	REG	CAL	LG	CAL
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	20 FL OZ		30 FL OZ	
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	2.59		2.99	
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Unsweetened Black Iced Tea	10	20
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Passion Papaya Iced Green Tea	130	190
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Agave Lemonade	160	230
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Soft Drinks	2.59	0-290	2.99	0-420
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