

MENU

BREAKFAST

Made-to-order breakfast favorites featuring real eggs, made from scratch ciabatta bread, premium greek yogurt and fresh fruit.

EGG SANDWICHES

- Crispy Bacon & Cheddar** | 760 CAL
- Diced Ham & Cheddar** | 660 CAL
- Sausage & Cheddar** | 850 CAL
- Denver** | 670 CAL
Cheddar, diced smoked ham, red onion, red and green bell peppers
- Classic Egg** | 540 CAL
- Cheddar** | 620 CAL
- Roasted Veggie** | 640 CAL
Roasted red onions, squash, bell peppers, eggplant, melted muenster
- Southwestern** | 660 CAL
Diced tomatoes, red onion, red and green bell peppers, peppery corn mix, cheddar, spicy southwestern dressing

AVOCADO TOAST

- Classic Avocado** | 390 CAL
- Avocado & Egg** | 470 CAL
- Avocado & Bacon** | 310 CAL

LIGHT BITES & SIDES

- Organic Oatmeal Side** | side 140 reg 260 CAL
Available daily until 10 a.m.
- Fresh Fruit Cup** | 120 CAL
- Mixed Berry & Granola Yogurt Cup** | 280-300 CAL
Greek or Vanilla Yogurt
- Avocado Side** | 140 CAL
- Hard Boiled Egg** | 80 CAL
- Country Ciabatta** | 240 CAL
- Peanut Butter or Whipped Cream Cheese Side**
150-260 CAL

★ Favorites 🌱 Vegetarian 🔥 Served Hot

Item availability may vary by location.

BAKED GOODS

Pastries individually prepared by hand daily and cookies crafted from original family recipes.

SAVORY

- Egg Croissants** | 420-510 CAL
Bacon, Cheddar, & Egg | Veggie, Cheese & Egg
- Savory Croissants** | 330-400 CAL
Ham & Cheddar | Spinach & 3 Cheese | Turkey & Swiss
- Classic Croissant** | 520 CAL
Butter
- Quiches** | 300-360 CAL
Diced Ham | Roasted Veggie | 3 Cheese

SWEET

- Muffins** | 480-540 CAL
Blueberry Crumble | Carrot Raisin Bran | Oatmeal Banana
Pumpkin Walnut | Black Bottom
- Scones** | 460-470 CAL
Blueberry Lemon | Raspberry Almond | Cranberry Flaxseed
- Cinnamon Roll** | 440 CAL
- Pecan Sticky Bun** | 770 CAL
- Morning Buns** | 520-530 CAL
Cinnamon Sugar | Chocolate Almond
- Sweet Croissants** | 400-460 CAL
Double Chocolate | Blueberry Cream Cheese | Cranberry Cream Cheese

SIGNATURE COOKIES & DESSERTS

- Signature Cookies** | 330-470 CAL
Semi-Sweet | Milk Chocolate | Black & White | Oatmeal Wheatgerm
Dark Chocolate Walnut | Oatmeal Raisin | Snickerdoodle | Peanut Butter
Peanut Butter Chocolate Chunk
- Brownies** | 290-360 CAL
Double Fudge | Walnut Fudge
- Mini Bundt Cake** | 190 CAL
Red Velvet
- Mini Pies** | 260-430 CAL
Carmel Pecan | Spiced Pumpkin



BEVERAGES

Proud partner of Peet's Coffee & Mighty Leaf Tea. Variety of premium brand-named bottled beverages.



BOTTLED

- Drip Coffee** | 0-5 CAL
- Caffe Latte** | 170-240 CAL
(Iced or Hot)
(Regular, Soy, Almond or Oat Milk)
Vanilla, Mocha or Caramel
- Cappuccino** | 120-160 CAL
(Iced or Hot)
- Espresso** | 10-25 CAL
(Iced or Hot)
- Iced Baridi Cold Brew**
0-140 CAL
- Cold Brew Fog** | 90-140 CAL
- Blended Javiva** | 240-470 CAL
Mocha, Matcha or Vanilla



- Fresh Brewed Iced Tea** | 0 CAL
- Iced Tea Fog** | 100-200 CAL
- Iced Tea Lemonade** | 0-90 CAL
- Hot Tea** | 0 CAL
- Hot Tea Latte** | 170-310 CAL

FRESH FRUIT SMOOTHIES

- Strawberry & Banana** | 170-180 CAL
Fresh strawberries and bananas, with your choice of greek or vanilla yogurt, blended with ice
- Strawberry, Blueberry & Banana** | 140-150 CAL
Fresh strawberries, blueberries and bananas, with your choice of greek or vanilla yogurt, blended with ice



FRESH FRUIT,
YOGURT,
ICE.
That's it.

SANDWICHES

Our breads are baked fresh in-house daily and our meats are hand-carved for full flavor and tenderness.

TURKEY

🇺🇸★ **Turkey Pesto** | 660 CAL
Roasted turkey breast, muenster, cream cheese, basil pesto, fresh spinach, red onion, dill pickle, bell peppers, mayo on toasted ciabatta

★ **Turkey & Cranberry** | 710 CAL
Roasted turkey breast, whole cranberry sauce, green leaf lettuce, sunflower seeds, mayo on sesame sourdough

Turkey Avocado Swiss Chairman | 730 CAL
Roasted turkey breast, swiss, the basics*, avocado, cucumber, ranch, stone ground mustard, mayo on herb bread

🇺🇸★ **Turkey Avocado** | 610 CAL
Roasted turkey breast, goat cheese, avocado, arugula, black pepper and mayo on toasted wheat bread

🇺🇸 **Turkey, Apple, Brie & Bacon** | 1040 CAL
Roasted turkey breast, bacon, brie, roasted fuji apples, arugula, lemon thyme aoli on toasted ciabatta

Club | 840 CAL
Roasted turkey breast, smoked ham, cheddar, swiss, the basics*, cucumber, pepperoncini, bell peppers, ranch, stone ground mustard, mayo on whole wheat

Cobb | 870 CAL
Roasted turkey breast, bacon, bleu cheese, the basics*, avocado and mayo on potato poppy seed bread

Roasted Turkey | 580 CAL
Roasted turkey breast, the basics*, mayo on sesame sourdough

TUNA

🇺🇸★ **Tuna Melt** | 530 CAL
Tuna salad made with celery and green onions, melted cheddar, the basics* on toasted ciabatta

Tuna Salad | 420 CAL
Tuna salad made with celery and green onions, the basics* on whole wheat

- ★ Favorites
- 🌱 Vegetarian
- 🔥 Served Hot

***The Basics**
Green leaf lettuce, tomato, dill pickle, red onion, black pepper and house-made Italian dressing.

CHICKEN

★ **Chicken Pesto** | 720 CAL
Chicken tossed in pesto, fresh mozzarella, tomato, fresh basil and basil pesto spread on toasted focaccia

🇺🇸★ **Chicken Bacon Ranch** | 690 CAL
Roasted chicken, swiss, bacon, red onions, tomato, lettuce, and ranch dressing on toasted ciabatta

🇺🇸 **BBQ Chicken & Bacon** | 900 CAL
Marinated BBQ chicken, bacon, cheddar, tangy BBQ sauce, spicy cole slaw on toasted ciabatta

Napa Waldorf Chicken Salad | 630 CAL
Roasted chicken, candied walnuts, fuji apple, celery, raisins, whole cranberry sauce, green leaf lettuce on whole wheat

BEEF & HAM

Ham, Brie & Fig Croissant | 690 CAL
Smoked ham, brie, fig spread on sliced butter croissant

🇺🇸 **Hot Cheesy Steak** | 790 CAL
Roast beef, provolone, cream cheese, mushrooms, bell peppers, pepperoncini, red onion, stone ground mustard, mayo on toasted ciabatta

🇺🇸 **Hot Ham & Cheddar** | 740 CAL
Smoked ham, cheddar, cream cheese, the basics*, stone ground mustard, mayo on toasted potato poppy seed bread

Beef & Blue | 630 CAL
Roast beef, bleu cheese, spinach, tomato, red onions, ranch on toasted ciabatta

🇺🇸 **Pastrami & Spicy Slaw Rebecca** | 650 CAL
Pastrami, swiss, spicy cole slaw on toasted ciabatta

★ **Roast Beef** | 600 CAL
Roast beef, the basics*, horseradish crema, mayo on herb bread

★ **Big BLT** | 700 CAL
Crispy bacon, the basics*, mayo on toasted sesame sourdough

🇺🇸★ **Hot Pastrami & Swiss** | 730 CAL
Pastrami, swiss, the basics*, stone ground mustard, mayo on toasted ciabatta

Smoked Ham | 580 CAL
Smoked ham, the basics*, stone ground mustard, mayo on potato poppy seed bread

SOUPS

We offer slow-cooked soups daily for the best flavors.

Check menu board for today's soup offerings
Available daily after 10 a.m.

🌱 VEGETARIAN

★ **Caprese** | 840 CAL
Fresh mozzarella, tomato, fresh basil, spinach, red pepper pesto, extra virgin olive oil on toasted thyme focaccia

Mediterranean | 920 CAL
Fresh mozzarella, kalamata olives, spinach, tomato, fresh basil, red pepper pesto spread, basil pesto, balsamic vinaigrette on toasted thyme focaccia

★ **Vegetarian** | 740 CAL
Swiss, provolone, the basics*, avocado, bell peppers, mushrooms, cucumber, pepperoncini, stone ground mustard, ranch, mayo on herb bread

🇺🇸★ **Hot Roasted Veggie** | 420 CAL
Roasted veggies, goat cheese, spinach, red pepper pesto, balsamic vinaigrette on toasted herb bread

Four Cheese | 820 CAL
Cheddar, swiss, provolone, muenster, the basics*, mayo on sesame sourdough

Peanut Butter & Stuff | 870 CAL
Peanut butter, banana, apples, cranberry sauce on whole wheat

SALADS

Made to order from premium ingredients and sourced from local producers when possible.

★ **Kale Pesto Chicken** | sm 590 CAL lg 820 CAL
Kale, cabbage & Brussels sprouts mix, chicken tossed in pesto, avocado, parsley feta, edamame, grape tomatoes, Greek Goddess dressing

Tuna Salad & Avocado Good Fortuna
sm 500 CAL lg 680 CAL
Tuna salad, avocado, cucumber, red onion, black sesame seeds, wonton strips on romaine lettuce. Poppy seed dressing

Balsamic, Berry & Avocado | sm 320 CAL lg 560 CAL
Goat cheese, strawberries and blueberries, granny smith apples, avocado, sunflower seeds on spring mix. Balsamic vinaigrette

★ **Chicken Cobb** | sm 680 CAL lg 1130 CAL
Roasted chicken, bacon, egg, crumbled bleu cheese, avocado, grape tomatoes, carrots, green onions, mushrooms, croutons, on chopped hearts of romaine. Ranch dressing

Chicken Caesar | sm 620 CAL lg 990 CAL
Roasted chicken breast, shaved parmesan, house-made croutons, on chopped hearts of romaine. Caesar dressing

★ **Chinese Chicken** | sm 410 CAL lg 660 CAL
Roasted chicken, wonton strips, red bell peppers, red onion, and black sesame seeds, over Asian salad mix (cabbage, cilantro, green onion, carrots). Pan-Asian dressing

🌱 **Spinach, Berry & Goat Cheese** | sm 410 CAL lg 760 CAL
Fresh strawberries and blueberries, goat cheese, candied walnuts on baby spinach. Raspberry walnut dressing

LIGHT BITES & SIDES

Prepared daily to ensure freshness. Mix & match to make a meal.

Veggie Cup | 200 CAL

Avocado Side | 140 CAL

Edamame Cup | 240 CAL

Spicy Coleslaw | 100 CAL

Fresh Fruit Cup | 120 CAL

Hard Boiled Egg | 80 CAL

Mixed Berry & Granola Yogurt Cup | 280-300 CAL
Vanilla or Greek

Assorted Chips | 130-210 CAL

Tuna Salad Side | 210 CAL

Chicken Breast Side
170-280 CAL
Roasted, Pesto, BBQ, Napa Chicken Salad

ADD-ONS

Add bacon or avocado to any sandwich | 60-90 CAL

Add protein to any salad | 170-280 CAL
Roasted Chicken, Pesto Chicken, BBQ Chicken, Chicken Salad, Bacon, or Tuna Salad

🌱 **Southwestern Avocado** | sm 390 CAL lg 680 CAL
Southwestern corn mix, cheddar, avocado, 3-bean mix, black olives, tortilla strips, carrots, green onion, grape tomatoes, on chopped hearts of romaine. Spicy southwestern dressing

🌱 **Dawn's Vegan** | sm 330 CAL lg 560 CAL
Avocado, southwestern corn mix, artichoke hearts, carrots, 3-bean mix, edamame, mushrooms, green onion, grape tomatoes, sunflower seeds on spring mix. Fat-free balsamic vinaigrette

🌱★ **Spicy Thai Peanut** | sm 390 CAL lg 730 CAL
Honey-roasted peanuts, cucumbers, wonton strips, red onion, over Asian salad mix (cabbage, cilantro, green onion, carrots). Spicy Thai peanut dressing

Spinach & Bacon | sm 580 CAL lg 950 CAL
Baby spinach, bacon, sliced egg, avocado, grape tomatoes, mushrooms, carrot, red onions, croutons. Poppy seed dressing

🌱 **Mixed Greens** | sm 250 CAL lg 420 CAL
Spring mix, avocado, grape tomatoes, carrot, cucumber, croutons. Balsamic vinaigrette

🌱 **Greek Goddess** | sm 330 CAL lg 540 CAL
Kalamata olives, artichoke hearts, parsley feta, grape tomatoes, cucumbers, red onion, on chopped hearts of romaine. Greek Goddess dressing

Caesar | sm 540 CAL lg 900 CAL
Hearts of romaine, shaved parmesan, croutons. Caesar dressing