



DELICIOUSLY HEALTHY

BREAKFAST

(SERVED UNTIL 10:30 AM)

PANINIS

Egg and Cheese	\$6.50
Egg, Ham and Cheese	\$6.95
Egg, Turkey Sausage and Cheese	\$7.50
Egg, Turkey Bacon and Cheese	\$7.50

WRAPS

Turkey and Swiss <i>Lettuce, Tomato and Pesto Dressing</i>	\$7.25
Buffalo Chicken <i>Lettuce, Tomato, Buffalo Sauce, Ranch and Cheese</i>	\$7.99
Chicken and Spinach <i>Spinach, Artichoke, Tomato, Mozzarella, Pesto</i>	\$7.99
Tuna Salad or Chicken Salad <i>Lettuce, Tomato, Swiss Cheese, and Mayonnaise</i>	\$7.50
Chicken Caesar <i>Romaine, Caesar Dressing, Mozzarella, and Tomato</i>	\$7.99

BAGEL MELTS

Vegan Cream Cheese, Ham, Cheese	\$6.50
Egg and Cheese	\$6.50
Egg, Ham, Cheese	\$6.50
Egg, Bacon, Cheese	\$6.95
Egg, Sausage, Cheese	\$6.95



DELICIOUSLY HEALTHY

LUNCH

PANINIS

VEGETARIAN MEATS AVAILABLE UPON REQUEST

Chicken Provolone	\$7.50
Veggie Grill	\$6.50
California	\$7.50
Chicken, Spinach and Mushroom Melt	\$7.95
Tuna Melt	\$7.95
Spinach and Goat Cheese	\$7.50
Grilled Ham and Swiss	\$7.00
Veggie Ham and Cheese	\$7.75
Veggie Pepperoni/Cheese	\$7.75
Pepperoni and Cheese	\$7.25
Chicken, Artichoke and Spinach Melt	\$7.95
Caprese Panini	\$7.95
Chicken, Buffalo Mozzarella, Tomato	\$7.95
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PIZZETAS

VEGETARIAN MEATS AVAILABLE UPON REQUEST

Spinach and Artichoke	\$7.95
Chicken, Spinach, Mushroom	\$8.50
Three Cheese	\$7.95
Pepperoni	\$7.95
Vegetarian Pepperoni	\$8.50
Tomato, Mozzarella, Basil	\$8.50

OUR SELECTION OF VEGAN MEATS INCLUDE: HAM, TURKEY,
CHICKEN, SHRIMP, TUNA, SALMON AND GROUND BEEF

ADD SOY CHEESE TO ANY MENU ITEM FOR \$1.00 EXTRA
PLEASE ADVISE US IF YOU HAVE ANY FOOD ALLERGIES



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SALADS

VEGETARIAN MEATS AVAILABLE UPON REQUEST

PLEASE SPECIFY IF YOU ARE A VEGAN OR A VEGETARIAN

Asian Noodle Salad	\$10.50
<i>Noodles Tossed With Edamame, Tomatoes, Mushrooms, and a Sesame Vinaigrette. Topped With A Grilled Chicken Breast.</i>	
Chef's Salad	\$9.25
<i>Fresh Romaine Lettuce Topped with Ham, Turkey, Diced Cheddar Cheese, Red Onions and Tomatoes. Served with Your Choice of Dressing</i>	
Shrimp, Bacon and Avocado	\$11.00
<i>Romaine Lettuce Tossed With Shrimp, Avocado, Tomatoes, Diced Red Onion, and Crumbled Turkey Bacon In A Light Ranch Dressing</i>	
Caprese Salad	\$12.95
<i>Mixed Greens Topped With Sliced Buffalo Mozzarella, Fresh Sliced Tomatoes, Fresh Basil and A Grilled Chicken Breast. Topped With A Balsamic Vinaigrette.</i>	
Taco Salad	\$10.95
Vegan Option	\$11.95
<i>Chipotle Shell Filled With Rice and Beans, Grilled Chicken or Vegan Meat, Topped With Shredded Lettuce, Cheese, Avocado, Salsa</i>	

SANDWICHES

VEGETARIAN MEATS AVAILABLE UPON REQUEST

Turkey Club	\$7.95
Chicken Club	\$7.95
BLT	\$7.50
Chicken or Tuna Salad Sandwich	\$6.95
Buffalo Chicken	\$7.95
Chicken Bacon Ranch	\$7.95
Bagel Sandwiches	\$4.95
Grilled Chicken Burger w/ baked fries	\$7.95



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KIDS MEALS

Super Cheesy Grilled Cheese <i>Grilled Cheese Sandwich with A Kids Fuel And A Cupcake</i>	\$5.95
Baked Macaroni and Cheese <i>Macaroni and Cheese with A Kids Fuel and A Cupcake</i>	\$5.95
Pepperoni Pizza <i>Individual Pizza with A Kids Fuel and A Cupcake</i>	\$5.95
Spaghetti with Marinara <i>Spaghetti Topped with Fresh Marinara and Mozzarella Cheese with A Kids Fuel and A Cupcake</i>	\$5.95

SPECIALS

Chicken And Spinach Quesadilla Vegan Option	\$7.95 \$8.95
Vegan Chicken Nuggets	\$6.00
Cheddar Bacon Fries Vegan Option	\$7.00 \$8.00
Fruit Blenders <i>Creamy Strawberry, Non-Fat Strawberry Banana, Chocolate, P.B. and Banana, Orange Sunshine Cream Mango Madness, Mixed Fruit</i>	\$5.99
Specialty Fruit Blenders <i>Chocolate Covered Strawberry, Sweet Avocado</i>	\$6.99



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SIDES

Macaroni Salad	\$4.95
Pesto Potato Salad	\$4.95
White Bean and Tomato Salad	\$4.25
Spaghetti with Marinara	\$5.95
Vegetarian Tuna Salad	\$6.25
Baked Fries	\$3.95

SWEETS

ASK ABOUT OUR VEGAN DESSERT SELECTION AND VEGAN ICE CREAM

Whole Wheat Cinnamon Rolls	\$3.95
Low Fat Tres Leches	\$4.50
Low Fat Brownies	\$4.50
Carrot Cake Cookie	\$3.95
Red Velvet Cake	\$3.95