

## BREAKFAST

<b>Breakfast Sandwich</b> .....	<b>\$4.60</b>
<i>Two Eggs on a Bagel, Croissant or Ciabatta Roll &amp; your choice of Bacon, Ham or Sausage</i>	
<b>Breakfast Burrito</b> .....	<b>\$6.25</b>
<i>Eggs, Sausage, Onion, Tomato, Peppers, Hot Sauce with Cheddar all wrapped up!</i>	
<b>Smoked Salmon</b> .....	<b>\$6.50</b>
<i>Your Choice of a Bagel or Bialy Tomato, Capers, Red-Onion and Cream Cheese</i>	
<b>Bagel &amp; Cream Cheese</b> .....	<b>\$2.50</b>
<i>Veggie, Plain or Cream Cheese of the Day</i>	
<b>Oatmeal with Raisins &amp; Nuts</b> .....	<b>\$3.00</b>
<b>Assorted Muffins</b> .....	<b>\$2.00</b>
<b>Scones</b> .....	<b>\$3.00</b>
<b>Biscotti</b> .....	<b>\$3.00</b>
<b>Cinnamon Roll</b> .....	<b>\$2.50</b>
<b>Pound Cake</b> .....	<b>\$2.50</b>
<b>Crumb Cake</b> .....	<b>\$2.50</b>

## SANDWICHES

- Hummus with Lettuce, Tomato, Red Onion, & Sprouts  
on Pumpernickel Bread . . . . . \$6.50**
- Grilled Cheese with Muenster Cheese & Tomato  
on Cracked Wheat Bread . . . . . \$4.95**
- Garden Burger with Lettuce, Tomato, Red Onion  
& Spicy Aioli on a Ciabatta Roll . . . . . \$6.50**
- Salmon Burger with Lettuce, Tomato, & Dill-Caper Sauce  
on a Ciabatta Roll . . . . . \$6.95**
- Hot Pastrami with Spicy Mustard & Muenster Cheese  
on Rye Bread . . . . . \$6.95**
- White Tuna with Lettuce, Tomato, & Sprouts  
on Cracked Wheat Bread . . . . . \$6.95**
- Egg Salad with Lettuce & Tomato  
on Pumpernickel Bread. . . . . \$6.25**
- Ham & Swiss with Lettuce, Tomato, & Spicy Mustard  
on Rye Bread . . . . . \$6.95**
- Turkey & Cheddar with Lettuce, Tomato, Sprouts, Avocado  
& Honey Mustard on Cracked Wheat Bread . . . . . \$6.95**

**Make any sandwich a wrap! Add . . . \$1.00**

## MORE SANDWICHES

Chicken Tarragon with Lettuce & Tomato  
on Cracked Wheat Bread..... \$6.95

Chicken Curry with Lettuce, Tomato, Red Onion  
& Balsamic Vinaigrette on Raisin Bread ..... \$6.95

Chicken Breast with Lettuce, Tomato & Mayo  
on a Ciabatta Roll .....\$7.50

Make any sandwich a wrap! Add ... \$1.00

## SALAD ... \$7.00

Garden salad with mixed greens, onion, tomatoes,  
kalamata olives, and balsamic vinaigrette

With Chicken Salad .....\$8.75

With Tuna Salad .....\$8.75

With Egg Salad ..... \$8.50

With Hummus ..... \$7.75

## COMBOS

Bowl of Soup & 1/2 Sandwich ..... \$7.50

Bowl of Soup & Salad .....\$7.50

Salad & 1/2 Sandwich ..... \$7.50

1/2 sandwich ..... \$3.50

Soup of the Day      Cup ..... \$3.15

                                    Bowl ..... \$4.55

## ESPRESSO DRINKS

	12	16	20
The Fortunate Latte .....	\$3.10	\$3.70	\$4.15
Caffe Latte .....	\$2.80	\$3.45	\$3.90
Vanilla Latte .....	\$3.10	\$3.65	\$4.15
Hazelnut Latte .....	\$3.10	\$3.65	\$4.15
Mocha Bianco Latte .....	\$3.10	\$3.65	\$4.15
Black & White Mocha Latte .....	\$3.10	\$3.65	\$4.15
Caffe Americano .....	\$2.00	\$2.50	\$2.90
Cappuccino .....	\$2.80	\$3.45	\$3.90

## ESPRESSO

	Single	Double	Triple
Espresso .....	\$1.85	\$2.50	\$2.85
Espresso Macchiato .....	\$1.95	\$2.60	\$3.10
Espresso Con Panna .....	\$1.95	\$2.60	\$3.10

## LOCALLY ROASTED COFFEE

	12	16	20
Coffees of the day .....	\$1.70	\$2.00	\$2.20
Flavored Coffees .....	\$1.90	\$2.15	\$2.30
Red Eye .....	\$2.25	\$2.50	\$2.90

## EXTRAS

Extra Shot of Espresso .....	\$0.90
Extra Shot of Syrup or Sauce .....	\$0.55
Soy Milk .....	\$0.55

## COFFEE ALTERNATIVES

	12	16	20
Hot Tea - Whole Leaf .....	\$1.60	\$1.90	\$2.10
Flavored Steamer .....	\$2.35	\$2.80	\$3.25
Gourmet Hot Chocolate .....	\$2.55	\$2.90	\$3.35
Caramel Hot Chocolate .....	\$2.55	\$2.90	\$3.35
Chai Latte .....	\$3.00	\$3.35	\$3.70

## ICED DRINKS

	16	24
Iced Latte .....	\$3.00	\$3.95
Iced Vanilla Latte .....	\$3.80	\$4.15
Iced Hazelnut Latte .....	\$3.80	\$4.15
Iced Caramel Latte .....	\$3.80	\$4.15
Iced Mocha Bianco Latte .....	\$3.80	\$4.15
Iced Mocha Latte .....	\$3.80	\$4.15
Iced Black & White Mocha .....	\$3.80	\$4.15
Iced Café Americano .....	\$2.40	\$2.65
Iced Chai Latte .....	\$3.80	\$4.15
Iced Coffee & Tea .....	\$2.00	\$2.25
Italian Soda .....	\$1.95	\$2.45
Creмоса .....	\$2.05	\$2.55

## FRAPPES

	16	24
Caffe Latte ~ Vanilla Latte .....	\$4.00	\$4.45
Hazelnut Latte ~ Caramel Latte .....	\$4.00	\$4.45
Mocha & Mocha Bianco Latte .....	\$4.50	\$4.95
Black & White Mocha Latte .....	\$4.50	\$4.95
Oregon Chai Latte .....	\$4.00	\$4.45
Fit Frappe (Vanilla or Chocolate) .....	\$5.25	\$7.45

**DR. SMOOTHIES**.....\$3.80 ..... \$4.50

~ Strawberry ~ Wild Cherry Cranberry ~ Four Berry Blend ~ Mango Tropics ~

**SUPERGREEN SMOOTHIE** ..... \$5.75

Green Tea, Banana, Apple, Carrot, Mango, Kale & Ginger

## FLAVOR SHOTS

~ Vanilla ~ Hazelnut ~ Almond ~ Cinnamon ~ Raspberry ~  
~ Blackberry ~ Strawberry ~ Caramel ~  
~ Sugar Free Vanilla ~ Sugar Free Raspberry ~