

CAFFE BAR

Fresh Brew Coffee	2/2.75
Espresso	1.75/1.95
Macchiato	2.25/2.5
Latte	3.45/4
Cappuccino	3.5/3.95
Dark Mocha	3.95/4.5
Crème Caramel	3.95/4.5
Chai Latte	3.95/4
Vanilla Latte	3.95/4.5
Hot Chocolate	3.95/4.25
Americano	1.95/2.5

ADD SOY .60 ADD ALMOND MILK .60
ADD SHOT .50 ADD SYRUP .50

BREAKFAST

Oatmeal

Oatmeal, Fresh Berries, Bananas, Brown Sugar 5

Granola

Toasted Oats, Farm Fresh Yogurt, Berries, Honey 6

Seasonal Fruit Plate

Fresh selection featuring Melons, Pineapple, Berries 6

Quiche of the Day

Quiche served with Potatoes 5

French Toast

French Toast, Orange Maple Syrup 7

Bagel

Choice of Seeded, Onion or Plain 2

Bagel with Cream Cheese

Toasted Bagel Choice from Seeded, Onion, Plain 3

Bagel Lox

Toasted Bagel, Smoked Salmon,
Cream Cheese, Tomato, Capers, Red Onion 9

Breakfast Wrap

Choice of Bacon, Ham, or Veggie with Onions, Tomatoes, Shredded
Potatoes on a Wheat or Flour Tortilla with Mixed Greens 6

Breakfast Sandwich

Scrambled Eggs, Bacon, Tomato, Cheddar Cheese. Fresh Fruit,
Choice of Plain, Seeded, or Onion Bagel 8

Belgian Waffle 6

Add Strawberry, Banana, Blueberry or Raspberry 1.5

EGGS & OMELETS

3 ORGANIC EGGS, SEA SALT, CHOICE OF FRESH FRUIT,
MIXED GREENS OR ROASTED POTATOES. EGG WHITES ADD 1

Smoked Salmon, Onion, Dill 9

Tomato Basil 7

Asparagus, Mushroom 8

Spinach, Tomato, Goat Cheese 9

Bacon, Tomato, Four Cheese 9

3 Eggs Any Style 9

Choice of Eggs your way with Bacon or Sausage,
Fruits, Mixed Greens, or Potatoes

WRAPS

B-L-T-A 9

Turkey Avocado 9

Chicken Teriyaki 9

Salmon Wrap 10

Curry Chicken 9

Grilled Shrimp 10

Classic Tuna Salad 9

SALADS

Ahi Tuna Salad

Mixed Greens, Tomato, Green Onions,
Carrots, Sprouts, Cucumber, Lemon Dressing 14

Chicken Ceaser Salad

Tender Roasted Chicken Breast,
Traditional Ceaser with Tomato 10

Sub Salmon 3

Spinach Mango Cranberry Salad

Fresh Spinach Leaves, Pomegranate Dressing,
Grilled Chicken Breast, Mango, Cranberries 11

Greek Salad

Crisp Romaine, Red Onions, Tomato, Cucumber,
Kalamata Olives, Feta Cheese, Lemon Dressing 9

Chop-Chop Salad

Mixed Greens, Tomato, Carrots, Celery, Swiss Cheese, Turkey
Breast, Salami, Garbanzo Beans, Balsamic Vinaigrette 10

Quinoa Salad

Red Onion, Asparagus, Cucumber, Tomato, Cranberry, Walnuts,
Avocado, Green Onion, Goat Cheese, Lemon Dressing 12

Spinach & Pomegranate Salad

Diced Chicken Breast, Spinach, Pomegranate Seeds, Spicy Pecans,
Gorgonzola Cheese, Pomegranate Dressing 10

Baked Salmon Pesto Salad

Salmon, Savory Pesto, Mixed Greens, Tomato, Lemon Dressing 13

Chicken Avocado Salad

Snow Peas, Celery, Pomegranate, Sweet Potato, Cherry Tomato,
Mint, Pomegranate Dressing, Mixed Greens 11

Chicken Cobb Salad

Chicken Breast, Tomato, Bacon, Avocado,
Blue Cheese, Balsamic Vinaigrette 12

Shrimp Avocado Salad

Seasoned Shrimp, Avocado, Egg, Tomato,
1000 Island Dressing, Crisp Romaine Lettuce 12

Blackened Salmon Salad

Fresh Arugula, Tomato, Cucumbers, Lemon Dressing 13

Blackened Chicken Salad

Spinach, Strawberries, Mango, Green Apples, Golden Raisins,
Raspberry Dressing 12

BBQ Chicken Salad

Romaine, Mixed Greens, Cucumber, Mozzarella Cheese,
Mushroom, Tomato in Balsamic Vinaigrette, Peppercini 11

Soup of the Day: Ask for Today's Selection

PRESSED PANINI

CHOICE OF FRESH FRUIT MIXED GREENS OR POTATOES

Blackened Chicken 12

Ham and Swiss 9

Caprese 8

Turkey Club 12

Classic Tuna 8

Prosciutto & Mozzarella 11

Turkey & Havarti 10

Grilled Chicken Pesto 9

Primo 11

Roasted Veggie 9

French Dip 12

Waldorf Chicken Salad Sandwich 10

Roast Beef 9

PIZZA

INDIVIDUAL THIN CRUST, MARINARA SAUCE, MOZZARELLA CHEESE

Margherita

Tomato, Basil 9

Roasted Veggie

Red Peppers, Mushrooms, Eggplant, Zucchini 10

BBQ Chicken

Red Onion, Cilantro (no marinara) 12

Pepperoni 10

Italian Sausage 10

HOUSE SPECIALTIES

Turkey Meat Loaf

Served with Brown Rice and Kale 10

Turkey Burger

Lettuce, Tomato, Onion, Served with Roasted Potatoes 10
Add Cheese 1.5 Add Bacon 2

Chicken Parmigiana

Breaded Herbed Chicken Breast Baked, Tomato Sauce,
Mozzarella, Spaghetti and Marinara 12

Chicken Milanese

Roasted Chicken Breast, Herbed Bread Crumbs,
Mixed Green Salad 9

Roasted Chicken

Half Chicken, Steamed Vegetables,
Choice of Roasted Potatoes or Brown Rice 12

Meatball Sandwich

Melted Mozzarella, Marinara, Bun, Mixed Greens 9

Chicken Parmigiana Sandwich

Melted Mozzarella, Marinara, Bun, Mixed Greens 9

BROWN RICE BOWLS

YOUR HEALTHY CHOICE OF BROWN RICE,
SQUASH, BROCCOLI, CARROTS

Baked Salmon 11

Grilled Chicken Breast 9

Chicken Teriyaki Breast 10

Tofu Spinach Kale 8

Egg Whites Spinach Grilled Chicken 10

Seared Ahi Tuna 14

PASTA

Chicken Mushroom Alfredo 11

Penne with Meat Sauce 9

Spaghetti Marinara 8

Spaghetti with Meatballs 11

Cheese Ravioli with Marinara 10

Homemade Meat Lasagna 11

White Truffle Shrimp 12

Penne Eggplant Zucchini 10

Spaghetti Carbonara 11

Spicy Sausage Spaghetti 11

Salmon Penne 12

CREPES

Chicken Mushroom Spinach 9

Asparagus Mushroom Zucchini 8

Ham, Swiss, Tomato, Pesto 8

Scrambled Eggs, Ham, Mozzarella 8

Bacon, Tomato, Mozzarella 9

Turkey, Mozzarella, Caesar dressing 9

Banana Nutella 7

Banana Dulce De Leche 7

Strawberry Dark Chocolate 7

Nutella, Strawberry, Banana 8

ALCOHOLIC BEVERAGES

BEERS

Draft 8, Bottle 5

REDS

Glass 6, Bottle 24
Merlot, Cabernet Sauvignon, Pinot Noir

WHITES

Glass 6, Bottle 24
Chardonnay, Sauvignon Blanc, Pinot Grigio