

Breakfast Sandwich.... \$6.00

Cheddar, egg, ham, English muffin.

Breakfast Burrito..... \$4.25

Queso Fresco, eggs, potatoes, jalapeno bison sausage

Protein box..... \$7.00

Hard Boiled Egg, Apples, Justin's Peanut Butter, Cheddar Cheese, Pita Chips, Grapes

Fruit and Cheese Box.. \$7.00

Pita Chips, Mild Cheddar Cheese, Brie Cheese, Provolone Cheese, Apple, Red Seedless Grapes



Sandwiches

Tuna on Fire Pretzel..... \$6.00

Pretzel Roll, Tuna, Tomato Salsa, Mayonnaise

Italian Pretzel..... \$6.00

Pretzel Roll, Capicola, Salami, Sopressara, Provolone, Olive Spread, Mayonnaise, Onion

Big Apple Turkey..... \$8.00

Cranberry Walnut Bread, Smoked Turkey, Apple, Brie Cheese, Lettuce and Honey Mustard

Cashew Chicken..... \$7.00

With Grapes and Poppy Seeds Bread, Leaf Lettuce and Mayo

Egg Salad Sandwich..... \$7.00

Eggs with Mayonnaise, Mustard, Onion, Herbs, Spices and Salt, Bread, Lettuce

Caprese Panini..... \$8.00

Rustic Bread, Fresh Mozzarella, Tomato, Pesto, Aioli

Chicken Pesto Club Panini..... \$8.00

Rustic Bread, Chicken Breast, Bacon, Gouda Cheese, Roasted Peppers, Pesto, Aioli

Salads

Southwest Grill Salad..... \$8.00

Lettuce, Chicken Breast, Ranch Dressing, Black Beans, Tomato, Jalapenos, Cheddar Cheese, Tortilla Strips and Corn

Caesar Salad..... \$ 7.00

Romaine, Chicken Breast, Caesar Dressing, Tomato, Parmesan Cheese and Homemade Croutons

Cobb Salad..... \$ 7.00

Greens, Chicken Breast, Blue Cheese Dressing, Egg, Tomato, Blue Cheese and Chives

Tuna Pasta Salad..... \$7.00

Pasta, Tuna, Italian, Vinaigrette, Tomato, Eggs, Green Beans, Olives, Red Onion and Parsley



"These nutritional powerhouse foods can help extend your health span – the extent of time you have to be healthy, vigorous and vital." – Dr. Steven Pratt, author of SuperFoods Rx Fourteen Foods That will Change Your Life

GF Gluten Free
V Vegetarian
VG Vegan
DF Dairy Free
 Superfood