## BREADS & SWEETS

**Baked fresh daily**

<table>
<thead>
<tr>
<th>BREADS</th>
<th>SWEETS &amp; PASTRIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ciabatta (130 cal)</td>
<td>Cupcakes (380 cal) $1.69</td>
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<tr>
<td>Croissant (320 cal)</td>
<td>Cookies (370 cal) $1.69</td>
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<tr>
<td>Flatbread (240 cal)</td>
<td>Muffins (340 - 460 cal) $1.99</td>
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<td>Scones (430 - 470 cal) $2.29</td>
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- Danish (310 - 530 cal) $2.29
- Cinnamon Buns (590 cal) $2.49
- Double Chocolate Brownie/Blondie (280 cal) $2.39

Additional nutrition information is available upon request.

2000 calories a day is used for general nutrition advice, but calorie needs vary.
SIGNATURE SANDWICHES

Hummus & Feta On Ciabatta (620 cal)
Hummus, Spinach Leaves, Plum Tomatoes, Cucumbers, Red Onions & Feta Spread

$6.29

Portobello Florentine On A Baguette (640 cal)
Grilled Portobello Mushroom, Spinach, Provolone and Pesto Mayonnaise

$6.29

Grilled Chicken & Pesto On Ciabatta (700 cal)
Grilled Chicken, Hot Pepper Cheese, Cucumbers, Leaf Lettuce, Plum Tomatoes & Pesto Mayo

Includes a pickle (10 cal) and your choice of baby carrots (25 cal), chips (240 cal) or apple (70 cal)

COMBO $5.65

Choose: 1/2 Sandwich (220 - 530 cal), 1/2 Salad (270 - 310 cal), or Any Size Soup (90 - 450 cal)

Choose: Apple, Baby Carrots or Bleecker Chips
Choose: Regular Fountain Drink or 8 oz. Milk

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HOT PANINI

Chicken Cordon Bleu (910 cal)
Grilled Chicken, Ham, Swiss Cheese, Plum Tomatoes & Creamy Honey Mustard Sauce

Four Cheese (910 cal)
Asiago, Cheddar, Swiss, Provolone & Sun-dried Tomato Spread

Jack Chicken (1050 cal)
Grilled Chicken, Bacon, Pepper Jack, Caramelized Onions, Plum Tomatoes & Chipotle Mayo

Roast Beef & Asiago (850 cal)
Roast Beef, Asiago, Spinach Leaves, Plum Tomatoes & Roasted Garlic Spread

Includes a pickle (10 cal) and your choice of baby carrots (25 cal), chips (240 cal) or apple (70 cal)

SOUP OF THE DAY

Cup of Soup (90 - 140 cal)
Served with Fresh Baked Bread (130 cal)

$2.69/$3.29

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**CAFE SANDWICHES**

- **Tarragon Roast Beef** *On Wheatberry Bread* (440 cal)
  Roast Beef, Leaf Lettuce, Plum Tomatoes, Red Onions, Cucumbers & Tarragon Cream Sauce
  $6.29

- **California Turkey** *On Wheatberry Bread* (480 cal)
  Turkey, Cucumbers, Avocado, Leaf Lettuce, Plum Tomatoes & Ranch Sauce
  $6.29

- **Chicken Salad** *On A Flaky Croissant* (640 cal)
  Chicken Salad Mixed With Dill, Golden Raisins & Almonds, Leaf Lettuce & Plum Tomatoes
  $6.29

- **Smoked Ham & Swiss** *On A Baguette* (720 cal)
  Ham, Swiss, Leaf Lettuce, Plum Tomatoes & Honey Mustard Sauce
  $6.29

- **Tuna Salad** *On A Flaky Croissant* (500 cal)
  Tuna Salad, Leaf Lettuce & Plum Tomatoes
  $6.29

Includes a pickle (10 cal) and your choice of baby carrots (25 cal), chips (240 cal) or apple (70 cal)

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# Salads

Served with fresh baked bread (130 cal)

<table>
<thead>
<tr>
<th>Salad</th>
<th>Calories</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Mandarin Crunch Salad</td>
<td>580 cal</td>
<td>$6.29</td>
</tr>
<tr>
<td>Mandarin Oranges, Dried Cranberries, Sunflower Seeds, Greens, Red Onion And Mustard Poppy Seed Vinaigrette</td>
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<tr>
<td>Chicken Cobb Salad</td>
<td>530 cal</td>
<td>$6.79</td>
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<tr>
<td>Grilled Chicken &amp; Avocado On Romaine Tossed With Bacon, Tomato, Egg, Blue Cheese &amp; Italian Dressing</td>
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<tr>
<td>Buffalo Chicken Salad</td>
<td>610 cal</td>
<td>$6.79</td>
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<tr>
<td>Grilled Chicken, Crumbled Blue Cheese, Fresh Vegetables &amp; Romaine Tossed With Buffalo Blue Dressing</td>
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</tr>
<tr>
<td>Chicken Caesar Salad</td>
<td>540 cal</td>
<td>$6.29</td>
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<tr>
<td>Grilled Chicken On Romaine Tossed With Parmesan, Seasoned Croutons And Creamy Caesar Dressing</td>
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