



Breakfast

The B.E.C. Sandwich \$7.29

Egg, Bacon, and American Cheese on Croissant | 520 cal

The H.E.C. Sandwich \$7.29

Egg, Smoked Ham, and American Cheese on Croissant | 480 cal

Substitute Croissant for Bagel \$0.79

Bagel \$2.39

Plain (290 cal), Blueberry (300 cal), Everything (300 cal)

Bagel + Cream Cheese \$4.29 | adds 70 cal

Plain, Chive+Onion

Bagel + Butter \$3.29 | adds 80 cal

Sweet Treats

Muffin

\$3.09 | 410-470 cal

Carrot Cake Slice

\$3.09 | 400 cal

Iced Lemon Loaf Slice

\$3.09 | 450 cal

Iced Red Velvet Cake Slice

\$3.09 | 460 cal

Combo Breakfast Sandwich or Bagel

+ Fruit or Yogurt
+ 16 oz Coffee or Hot
Tea, Milk, or Juice
\$9.59 | 410-730 cal



Sandwiches

Hastings	<i>Ham and Swiss</i> \$7.99 550 cal Smoked Ham, Swiss Cheese, Lettuce, Tomato, and Honey Mustard on Pretzel Bun	Extra Meat \$2.49 50-90 cal
Lyon	<i>Turkey and Pepperjack</i> \$7.99 550 cal Oven Roasted Turkey, Pepperjack Cheese, Lettuce, Tomato, and Chipotle Sauce on Pretzel Bun	Substitute Bread for Bagel \$0.79
Crescent	<i>Chicken Salad</i> \$7.99 710 cal Chicken Salad, Swiss Cheese, Lettuce, and Tomato on Croissant	Made Without Gluten hoagie buns available upon request
The Hill	<i>Club</i> \$8.99 710 cal Oven Roasted Turkey, Smoked Ham, Bacon, Swiss Cheese, Lettuce, Tomato, and Pesto Aioli on Ciabatta	
Prospect	<i>Veggie</i> \$7.99 560 cal Mozzarella, Pesto Aioli, Red Pepper, Lettuce, and Tomato on Ciabatta	

Soup	Ask about our soup of the day!	8 oz \$5.99 90-310 cal	12 oz \$6.99 140-470 cal	16 oz \$7.99 180-620 cal
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Mac & Cheese	8 oz \$6.19 320 cal	12 oz \$7.19 480 cal	16 oz \$8.19 640 cal
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Combos

- Drink options:** Fountain Drink, Milk, Juice, 16 oz Coffee or Hot Tea
- Sandwich Combo** | \$12.59
Sandwich + Chips or Fruit + Drink
600-1250 cal
- Soup Combo** | \$11.19
Any Size Soup + Chips or Fruit + Drink
140-1160 cal
- Mac & Cheese Combo** | \$11.39
12 oz Mac + Chips or Fruit + Drink
370-1020 cal
- Half Sandwich and Soup Combo**
\$11.69 | \$12.69 The Hill
Half Sandwich + 8oz Soup + Drink
370-1000 cal
- Half Sandwich and Mac Combo**
\$11.89 | \$12.89 The Hill
Half Sandwich + 8oz Mac + Drink
600-1010 cal

Coffee & Tea

HOT

	16 oz	20 oz	cal
Brewed Coffee	\$2.89	\$3.19	10/15
Americano	\$4.09	\$4.29	15/20
Latte	\$4.89	\$5.09	270/350
Cappuccino	\$5.09	\$5.29	180/230
Mocha	\$5.19	\$5.69	380/490
White Mocha	\$5.19	\$5.69	390/510
Caramel Macchiato	\$5.19	\$5.49	450/540
Hot Chocolate	\$4.09	\$4.29	430/540
Chai Tea	\$5.19	\$5.39	290/470
Hot Tea	\$3.19	\$3.39	0

ICED

	20 oz	24 oz	cal
Iced Coffee	\$3.19	\$3.59	5/10
Iced Americano	\$4.09	\$4.29	20/25
Iced Latte	\$4.79	\$5.09	160/200
Iced Mocha	\$5.09	\$5.39	290/330
Iced White Mocha	\$5.09	\$5.39	300/340
Frappe	\$5.29	\$5.49	420/440
Iced Chai Tea	\$4.89	\$5.19	200/330

Extras

		cal
Extra Espresso Shot	\$0.99	5
Flavor Shot	\$0.89	0-110

Vanilla, Caramel, Hazelnut, Dark Chocolate, White Chocolate, Sugar Free Vanilla

Almond or Oat milk available upon request

Bring your own clean cup and receive 25¢ off your order

Pop & Chips

		cal
Brickman's Potato Chips	\$2.09	200-210
Fountain Drink 22oz	\$2.59	0-330

Additional nutrition information available upon request. 2,000 calories a day is used for general advice, but calorie needs vary.