

MONDAY ~ FRIDAY

9:00 AM ~ 2:00 PM



Breakfast Items ~

- BLUEBERRY, RASPBERRY OR APPLE SCONE**
~ served warm by request \$1.50
- EGG SANDWICH**
~ served on toast or english muffin with
cheese and fruit cup \$4.00
- GREEK YOGURT** \$2.00
- TOAST**
~ two slices of your choice of whole wheat,
white, english muffin, or raisen bread \$1.00

Homemade Soups ~

- HOMEMADE SOUP OF THE DAY**
served with muffin, cornbread or roll
CUP \$3.00 BOWL \$4.00

Combo ~

COMBINE ANY SALAD OR SANDWICH WITH SOUP
AND GET A **&1.00 DISCOUNT**

Salads ~ w/muffin, cornbread or roll

- CHEF SALAD** \$6.00
- CORNBREAD SALAD** \$5.00
- DELUXE GARDEN SALAD** \$6.00
- PROTEIN POWER SALAD** \$6.00
- SIMPLY HEALTHY SALAD** \$4.00

Deli Sandwiches ~

- HALF : \$3.00 WHOLE: \$5.00
Served on your choice of bread w/ lettuce,
tomato, pickle & chips
- STACKED HAM & CHEESE**
- STACKED TURKEY & CHEESE**
- ALBACORE WHITE TUNA SALAD**
- EGG SALAD**
- CHICKEN SALAD**

- Wraps ~** w/pickle & chips \$5.00
Prepared with 3 romaine leaves and filled with:
Deli Meat & Cheese, Albocore Tuna Salad,
Chicken Salad or Egg Salad

From the Grill ~ w/pickle & chips

- HOT DOG** Includes beverage & chips \$3.00
(Hot Dog only: \$2.00)
- CONEY DOG** Includes beverage & chips \$4.00
- TUNA MELT**
Albacore tuna & cheese on your choice of bread \$5.00
- GRILLED CHEESE**
Blend of cheeses on your choice of bread \$5.00
- HAM & CHEESE PANINI**
With artichoke spread and swiss cheese \$5.00
- CHICKEN & CHEESE PANINI**
With tomato/basil sauce, cheddar & feta cheese \$5.00
- GRILLED CHEESE PANINI**
Prepared w/tomato basil sauce,
cheddar & feta cheese \$5.00
- TURKEY BURGER**
Your choice of cheese, lettuce, tomato
and onion on pita bread or bun \$5.00
- PUB BURGER**
Your choice of cheese, lettuce, tomato
and onion on burger bun \$5.00
- SALMON BURGER**
Your choice of cheese, lettuce, tomato
served on pita bread \$5.00
- BLACK BEAN BURGER**
Your choice of lettuce and tomato
served on pita bread \$5.00
- QUESADILLAS**
Served with side salad, salsa & sour cream
- Bean and cheese \$4.00
- Chicken and cheese \$4.50
- Chicken, bean and cheese \$5.00
- Beef, bean and cheese \$5.00

Beverages ~

- COFFEE, HOT TEA & ICED TEA**
(FREE REFIL) \$1.50
- HOT CHOCALATE** \$1.50
- LEMONADE (FREE REFIL)** \$1.50
- SODA** \$1.25
- JUICE** \$1.25
- BOTTLE WATER** \$1.00
- MILK (2%)** \$1.00

Sides ~

- MINI MUFFIN** .50
- FRUIT CUP OR FRUIT** \$1.00
- GARDEN SALAD** \$2.00
- CHICKEN OR TUNA SALAD SCOOP** \$3.00
- COTTAGE CHEESE SCOOP** \$1.00
- HARD COOKED EGG** \$1.00
- EGG SALAD** \$2.00

Desserts ~

- COOKIE** \$1.00
- PIE WEDGE** \$2.00
- BROWNIE** \$2.00
- CAKE SLICE** \$2.00

Payment Options ~

CASH • CREDIT CARD • GIFT CARD