

Morning Delights

Burrito

Sausage or bacon, eggs, cheddar cheese, warm flour wrap 4.50

Classic Sausage Sandwich

Sausage, egg, and cheese sandwich on an english muffin 3.95

Croissant Sandwich

Bacon, egg & cheese sandwich on a croissant 4.50

Ala carte

Bagel with Cream Cheese 2.75

Fresh Baked Muffin 2.95

Spinach & Feta Wrap

Spinach and feta wrap with tomato and hummus 4.75

BLT Bagel

Bagel, cream cheese, bacon, egg, lettuce and tomato 4.95

Breakfast Flatbread

Bacon, eggs, white cheddar cheese, red peppers, and shredded cheddar cheese 6.50



Salads & Bowls

Southwest Salad

Ancho seasoned chicken breast with sweetcorn, black beans, tortilla strips and avocado ranch dressing 8.50

Strawberry Fields Salad

Roasted chicken breast with sliced strawberries, feta cheese, sunflower seeds with raspberry vinaigrette dressing 8.50

Northern Salad

Diced chicken breast, with dried cranberries, crumbled bleu cheese, candied walnuts and sunflower seeds served with raspberry vinaigrette dressing 9.00

Greek Chicken Orzo Power Bowl

Seasoned sliced chicken breast, tomatoes, cucumbers, red onions, and feta cheese on a bed of orzo pasta with tzatziki sauce 9.50

Monterey Chicken Power Bowl NEW!

Seasoned grilled chicken, with brown rice, corn, cheddar cheese, cilantro vinaigrette and pico de gallo 9.00

Sides

Soup of the Day 3.50

Add **Cheesy Bread**
to any soup 2.75



Lunch

wraps, sandwiches, and quesadillas served with house chips

Buffalo Chicken Wrap

Tender chicken tossed in buffalo sauce and ranch dressing with shredded lettuce and cheddar cheese in a warm flour tortilla 8.50

Turkey Club

An American triple decker classic, with tender turkey, bacon, lettuce, tomato, and mayo on toasted wheat bread 8.50

Veggie Wrap

Tasty hummus with spinach, cucumbers, carrots, and green peppers in a warm spinach wrap 7.50

Asian Crunch Wrap NEW!

Artisan slaw blend, bell peppers, roasted chicken breast and crispy rice noodles, with sweet chili sauce on a spinach tortilla 8.50

Honey Mustard Chicken Wrap NEW!

Tender diced chicken with bacon, spinach, tomatoes, and honey mustard dressing in a flour tortilla 8.50

Chicken Bacon Ranch Wrap

Roasted chicken, bacon, lettuce, tomato, cheddar cheese and ranch dressing 8.50

Lunch Combo

Any ½ Sandwich,
Wrap or Flatbread with
Soup or ½ Salad 7.95



Lunch

wraps, sandwiches, and quesadillas
served with house chips

True North

Smoked turkey, bacon, swiss cheese, rosemary cranberry sauce and mayo on a hoagie roll 8.50

Rachel Reuben

Sliced turkey breast with swiss cheese, cole slaw, and thousand island dressing on grilled rye bread 8.25

Chicken Salad Sandwich

Seasoned chicken with celery, mayo and lettuce on whole wheat bread 6.50

Spicy Italian

Salami, ham, and pepperoni surrounded with onions, banana peppers, swiss cheese and italian dressing, on a hoagie roll 8.00

Chicken Feta Flatbread NEW!

Tender grilled chicken and feta cheese on a bed of basil pesto, topped with mozzarella cheese 8.00

Margherita Flatbread

Mozzarella cheese, tomato, basil & olive oil with balsamic glaze 8.00

Southwest Chicken Quesadilla

Seasoned chicken, peppers, onions, southwest sauce, and cheddar cheese in a warm flour tortilla 9.25

Lunch Combo

Any ½ Sandwich,
Wrap or Flatbread with
Soup or ½ Salad 7.95



Lunch

Build Your Own Sandwich 8.50

served with pickle slice and house chips

Bread

Sour Dough

Swirl Rye

Wheat

Hoagie Bun

Meat

Ham

Turkey

Salami

Pepperoni

Condiments

Mayonnaise

Mustard

Ranch Dressing

Wraps

Spinach

Flour Tortilla

Cheese

American

Swiss

Provolone

White Cheddar

Vegetables

Lettuce

Tomato

Onion

Green or Red Peppers

Banana Peppers

Lunch Combo

Any ½ Sandwich,
Wrap or Flatbread with
Soup or ½ Salad 7.95

**Available
cold or toasted!**

