

# 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

## 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

*wraps, sandwiches, and quesadillas  
served with house chips*

## Lunch Combo

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

## 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

## 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

wraps, sandwiches, and quesadillas served with house chips

## Lunch Combo

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

## 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

## Build Your Own Sandwich 8.50

served with pickle slice and house chips

### Bread

- Sour Dough
- Swirl Rye
- Wheat
- Hoagie Bun

### Wraps

- Spinach
- Flour Tortilla

### Meat

- Ham
- Turkey
- Salami
- Pepperoni

### Cheese

- American
- Swiss
- Provolone
- White Cheddar

### Condiments

- Mayonnaise
- Mustard
- Ranch Dressing

### 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!

