

Morning Delights

Burrito

Sausage or bacon, eggs, cheddar cheese, in a warm flour tortilla 4.95

Classic Breakfast Sandwich

Sausage or bacon, egg, and cheese sandwich on an english muffin 4.95

Farmer's Market Quesadilla **NEW!**

Egg, ham, onions, green and red peppers, and shredded cheese in a warm flour tortilla 7.00

Spinach & Feta Wrap

Spinach and feta wrap with tomato and hummus 4.75

Croissant Sandwich

Sausage or bacon, egg and cheese sandwich on a croissant 4.95

Ala carte

Fresh Baked Muffin 2.95



Breakfast Special

Breakfast plate **NEW!**

Scrambled egg, 3 mini pancakes,
and 2 sausage links 4.95



Salads, Bowls, Soup

Southwest Salad

Ancho seasoned chicken breast with sweetcorn, black beans, tortilla strips, and avocado ranch dressing 9.00

Sunburst Salad NEW!

Seasoned chicken, strawberries, blackberries, blueberries, feta cheese, and mandarin oranges with raspberry vinaigrette dressing 11.95

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

Soup of the Day 3.50

Add Cheesy Bread to any soup +2.75

Lunch Combo

Pick two: ½ Sandwich, Soup or ½ Salad 7.95

- True North, Turkey Club, Chicken Salad Sandwich, Veggie Wrap
- Sunburst Salad, Southwest Salad



Lunch

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

Avocado Chicken Wrap

Seasoned chicken, red peppers, buffalo sauce, lettuce, avocado, in a warm flour tortilla 9.75

Buffalo Chicken Wrap

Tender chicken tossed in buffalo sauce and ranch dressing with shredded lettuce and cheddar cheese in a warm flour tortilla 9.00

Chicken Bacon Ranch Wrap

Roasted chicken, bacon, lettuce, tomato, cheddar cheese, and ranch dressing in a warm flour tortilla 9.00

Margherita Flatbread

Mozzarella cheese, tomato, basil, and olive oil with balsamic glaze 8.25

Honey Mustard Chicken Wrap

Tender diced chicken with bacon, spinach, tomatoes, and honey mustard dressing in a flour tortilla 9.00

Southwest Hummus Wrap

Hummus, black beans, red peppers, feta cheese, lettuce, ancho chipotle sauce, in a warm flour tortilla 8.50

Southwest Quesadilla Chicken OR Steak

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

9.25 chicken - 10.75 steak



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 9.00

Turkey Club

An American triple decker classic, with tender turkey, bacon, lettuce, tomato, and mayo on toasted wheat bread 9.00

Chicken Salad Sandwich

Seasoned chicken with celery, mayo, and lettuce on whole wheat bread 7.25

Philly Steak Hoagie

Seasoned Steak, with Onions, Peppers, and Mushrooms with Swiss Cheese, and Aioli Sauce 9.75

Caprese Grilled Cheese

Mozzarella cheese, sliced tomato, basil pesto, and balsamic glaze on sourdough 7.25

Spicy Italian

Salami, ham, and pepperoni, surrounded with onions, banana peppers, swiss cheese, and italian

Lunch Combo

Pick two: ½ Sandwich, Soup or ½ Salad 7.95

- True North, Turkey Club, Chicken Salad Sandwich, Veggie Wrap
- Sunburst Salad, Southwest Salad



Flavored Lemonade & Iced Tea (Green and Black)

- Blueberry (Sugar Free)
 - Coconut
 - Mango
 - Peach (Sugar Free)
 - Raspberry
 - Strawberry
- + Add Energy Shot



**Frozen
Flavored
Lemonade**

Iced Energy