

Morning Delights

Burrito

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

Ala carte

Fresh Baked Muffin 2.95

Spinach & Feta Wrap

Spinach and feta wrap with tomato and hummus 4.75

Croissant Sandwich

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



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, warm flour wrap 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 9.00

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, warm flour wrap 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

Chicken Salad Sandwich

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

Turkey Club

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

Philly Steak Hoagie

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

Margherita Flatbread

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

Spicy Italian

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

Lunch Combo

Pick two: ½ Sandwich, Soup or ½ Salad 7.95

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- 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