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 (V)
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

Bagel Everything or Plain 2.95 NEW!



Salads, Bowls, Soup

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

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

Chicken Caesar Salad NEW!
Seasoned chicken, romaine lettuce, parmesan cheese, croutons, and caesar dressing 9.95

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 4.50
Add Cheesy Bread to any soup +2.75

Grilled Cheese Combo NEW!
Grilled cheese sandwich and soup 7.95

Lunch Combo

Pick two:

½ Sandwich, Soup or ½ Salad 9.00

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



Wraps & More

Wraps and Quesadillas are served with house chips. Sub veggies and hummus for 1.75

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

Southwest Hummus Wrap (V)
Hummus, black beans, red peppers, feta cheese, lettuce, ancho chipotle sauce, in a warm flour tortilla 8.50

Chicken Taco Flatbread
Cheddar cheese, seasoned chicken, jalapeno peppers, shredded lettuce, tomatoes with ancho chipotle sauce 9.00

Margherita Flatbread
Seasoned chicken, mozzarella cheese, tomato, basil, and olive oil with balsamic glaze 9.99

Pizza Flatbread NEW!
Pizza sauce, mozzarella cheese, pepperoni 8.49

Buffalo Chicken Quesadilla NEW!
Seasoned chicken, buffalo sauce, onions, cheddar cheese, ranch dressing, in a warm flour tortilla 10.49



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

Sandwiches

All served with house chips or sub veggies and hummus for 1.75

True North
Smoked turkey, bacon, Swiss cheese, rosemary cranberry sauce, and mayo on a hoagie roll 9.00

Turkey Club
An American classic, with tender turkey, bacon, lettuce, tomato, and mayo on toasted wheat bread 9.95

Chicken Salad Sandwich
Seasoned chicken with celery, mayo, and lettuce on whole wheat bread 7.49

Turkey O'Toole NEW!
Roasted turkey breast, Swiss cheese, and a tangy honey mustard on a warm pretzel roll. Served with a pickle and house chips 10.49

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

Caprese Grilled Cheese
Seasoned chicken, mozzarella cheese, sliced tomato, basil pesto, and balsamic glaze on sourdough 9.99

Grilled Cheese Sandwich NEW! V
American cheese melted between two slices of grilled buttered bread. 5.75

Spicy Italian
Salami, ham, and pepperoni, surrounded with onions, banana peppers, Swiss cheese, and Italian dressing on a hoagie roll 8.49

