

## Sandwiches

served with kettle chips  
 substitute fries, soup, or salad for 75¢  
 gluten-free bread available for \$1 extra

### Grilled Ham & Swiss Sandwich | \$6.75

ham, swiss cheese, and honey mustard  
 on wheatberry bread

### Turkey Provolone Deli Sandwich | 6.75

turkey, provolone cheese, lettuce, tomato,  
 onion, and mayo on wheatberry bread

### Ham & Swiss Deli Sandwich | 6.75

ham, swiss cheese, lettuce, tomato,  
 onion, and mayo on wheatberry bread

### Three Cheese Grilled Cheese | \$6.50

mozzarella, provolone, and cheddar cheeses  
 on sourdough bread

### Classic BLT | \$6.50

crisp bacon, lettuce, tomato, mayo on  
 grilled sourdough bread

### Chicken Tender Basket | \$6.50

three chicken tenders served  
 w/BBQ sauce

## Soup of the Day

Black Bean  
 Cup \$3.50  
 Bowl \$5.00

## Salads

### Autumn Salad GF/DF/Vegan | \$7.95

quinoa, roasted cauliflower, roasted sweet  
 potato, crisp apple and lemon vinaigrette dressing  
 add chicken breast | \$2.00

### Caesar Salad | \$7.00

crisp romaine, parmesan cheese, croutons  
 and caesar dressing  
 served with a breadstick  
 add chicken breast | \$2.00

### Garden Salad | \$6.75

crisp greens, carrot, cucumber, tomato,  
 red onion, and balsamic vinaigrette  
 served with a breadstick  
 add chicken breast | \$2.00

### Southern Chicken Salad | \$7.95

crisp greens, crispy fried chicken, tomato, red  
 onion, shredded cheese, black bean and corn  
 salsa, southwestern ranch and crispy tortilla strips  
 served with a breadstick

## Kids' Menu | \$4.00

grilled cheese, hot dog, chicken nuggets,  
 or turkey and cheese sandwich  
 served with kettle chips and juice box  
**substitute fries, soup or salad for 75¢**

## Specialty

### Caprese Sandwich | \$7.50

grilled chicken breast, mozzarella cheese,  
 tomato, and pesto mayo on focaccia

### Grilled Portabella Mushroom Sandwich

DF/Vegetarian | \$7.00

grilled portabella, lettuce, tomato, black bean and  
 corn salsa, cumin and lime hummus  
 served on a wheat bun

### Build-Your-Own Burger | \$7.00

1/4 lb. all-beef patty on toasted bun served with  
 lettuce, tomato, red onion  
 Toppings: 50c each  
 cheese (swiss, cheddar, american, provolone,  
 mozzarella), bacon, grilled mushrooms, grilled  
 onion

### Black Bean Burger | \$7.50

black bean burger with mango  
 served with lettuce, tomato, red onion  
 Toppings: 50c each  
 cheese (swiss, cheddar, american, provolone,  
 mozzarella)

### Protein Shakes | \$4.75

chai, chocolate, vanilla

## Refreshers

### Strawberry Acai & Wildberry Hibiscus | \$4.25

## Hot Drinks

	<u>Small</u>	<u>Large</u>
Fresh Brewed Coffee	\$1.90	\$2.25
Espresso	\$1.90	\$2.50
Latte/Cappuccino	\$3.60	\$4.00
Mocha	\$4.00	\$4.50
Chai Latte	\$3.75	\$4.25
Hot Tea (1 bag)	\$2.25	
Americano	\$2.50	\$3.00
Breve	\$4.00	\$4.75
Hot Chocolate	\$3.00	\$3.50

## Cold Drinks

	<u>16oz</u>
Cold Brew	\$2.50
Frappuccino: caramel, mocha, vanilla, turtle	\$4.25
Blast: frozen hot chocolate, mocha, turtle, vanilla, caramel	\$4.25
Smoothies: strawberry, strawberry banana, four berry, mango, pineapple paradise	\$4.25
Protein Powder: add to any Smoothie	\$ .50

## Fountain Beverage

### Flavor shots (65¢)

almond, caramel, cherry, cinnamon, coconut, green mint,  
 hazelnut, raspberry, vanilla  
 SF caramel, SF hazelnut, and SF vanilla