

# eat

breakfast

Until 3 pm

cold

All Day

## bagels, muffins & wraps

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- Bagel** 2.95  
Plain, multigrain or everything  
Add cream cheese (+.85)
- Egg & Cheese Sandwich** 4.75  
On English muffin
- Egg, Cheese & Bacon Sandwich** 5.50  
On English muffin
- Egg, Cheese & Ham Sandwich** 5.50  
On English muffin
- Breakfast Wrap** 5.95  
Egg, cheese, ham, peppers
- Avocado Bacon Wrap** 9.95  
2 eggs, cheddar cheese, cream cheese, tomato

## deli

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- Ham Sandwich** 11.95  
Rose mayo, cheddar cheese, lettuce
- Turkey Sandwich** 11.95  
Mayo, jack cheese, lettuce, tomato, bacon

## salads

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- Curried Chicken Salad (GF)** 14.50  
Mixed greens, roasted chicken, celery, apple, raisins, walnuts, grapes, curry, mayo dressing
- Tex Mex Buddha Bowl (V) (GF)** 14.95  
Mixed greens, quinoa, red pepper, tomato, black beans, corn, cheddar cheese, cilantro lime dressing
- Thai Peanut Buddha Bowl (Ve) (GF)** 14.95  
Mixed greens, quinoa, red pepper, carrot, cucumber, cabbage, sesame seeds, peanuts, green onion, Thai peanut dressing

hot

All Day

## sandwiches

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- Montreal Smoked Meat** 12.95  
Sourdough rye, mustard
- Panini** 12.95
- **Chicken Pesto**  
Mozzarella cheese, tomato, arugula
  - **Ham**  
Sun-dried tomato mayo, cheddar cheese, tomato
  - **Veggie**  
Pesto mayo, mozzarella cheese, zucchini, onion, peppers, sun-dried tomato

## gourmet soups

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- Cup** 5.95
- Bowl** 6.95