

### Specialty Wraps

Sandwiches/Wraps served with Kettle Chips or cottage cheese, substitute fresh basil pasta salad additional \$.50

**Grecian Beef Wrap** \$7.75

Roast beef, tomato, cucumber, spinach and homemade feta cheese dressing

**Mediterranean Turkey Wrap** \$7.75

Turkey, feta cheese, romaine, tomato, cucumber and Italian dressing

**Spicy Asian Wrap (option of Chicken or Pork)** \$7.75

Peanuts, chow mein noodles, broccoli, romaine, carrot and spicy Asian sauce

**Nutty Chicken Wrap** \$7.75

Chicken strips, romaine, broccoli, carrot, cashews and ranch dressing

**Chicken Caesar Wrap** \$7.75

Chicken strips, romaine, tomatoes, cucumber, parmesan cheese and Caesar

**Crunchy Veggie Wrap** \$7.75 **With Chicken** \$8.99

Chow mien noodles, sunflower seeds, spinach, cucumber, carrot, broccoli, tomato, cheese blend and ranch dressing

**Black Bean Original** \$7.75

Homemade black bean spread, romaine, carrots, cream cheese, and marinated tomatoes on a sprouted grain roll

### Soup and Salads

**Chicken Caesar Salad** \$8.50

**Mandarin Spinach Salad** \$8.50

Spinach, mandarin oranges, raisins, cashews, carrots, cucumbers

**Garden Salad** \$8.50

Mixed greens, broccoli, tomato, carrots, cucumber, onion, cheese, croutons

**Asian Salad** \$8.50

Mixed greens with chow mein noodles, carrots, pineapple, Italian cheese blend, peanuts topped with slow roasted pulled-pork

**Chef Salad** \$8.50

Turkey, ham, mixed greens, tomato, carrots, cucumber, onion, cheese, croutons

**Mozzarella Caprese Salad** \$8.50

Mixed greens topped with tomatoes, cucumber, and fresh mozzarella pearls, served with our homemade balsamic dressing

**Soup and Salad** \$8.50

A smaller version of our garden salad and a bowl of soup of the day

**Made from Scratch Soup** Cup \$2.55 Bowl \$3.75 "To go" \$3.75

### Grilled Wraps and Paninis

**\*All made to order. Due to grilling, please allow for extra prep time! Thank You.**

**\*Beef and Provolone Panini** \$8.50 ½ size: \$6.00

Roast beef, provolone and zippy mayo grilled on Focaccia

**\*Grilled Turkey Berry Wrap** \$8.50

Turkey, spinach, raisins, Swiss and mustard seed mayo

**\*New Orleans Wrap** \$8.50

Andouille sausage, ham, romaine, tomato, onion, Swiss and homemade roasted pepper vinaigrette

**\*Zesty Chicken and Basil** \$7.75

Chicken, fresh basil, tomato, cucumber, Provolone cheese, olive oil and spicy seasoning grilled on wheatberry bread

**\*Chicken Delite Panini** \$8.50 ½ size: \$6.00

Chicken, bacon, pineapple, romaine, Swiss and homemade honey mustard grilled on Focaccia

**\*Ham and Cheese Panini** \$8.25 ½ size: \$5.75

Ham, bacon, American, tomato, pickle and mustard grilled on Focaccia

**\*The Grand Cuban Grilled Panini** \$8.50 ½ size: \$6.00

Ham, pulled-pork, provolone, pickle, mayo and mustard grilled on Focaccia

**\*Fresh Mozzarella and Tomato Panini** \$8.50 ½ size: \$6.00

Fresh mozzarella, marinated tomatoes, fresh basil and chicken grilled on Focaccia

**\*Grilled Chicken and Cheese** \$4.25 Add sour cream: \$ .25

It's a quesadilla! Chicken, cheese, tomato and salsa grilled on tortillas

**\*Grilled Carnita Quesadilla** \$4.25 Add sour cream: \$ .25

Pulled-pork and cheese quesadilla, topped with salsa

**\*Banana Flax Wrap** \$4.50

Banana, peanut butter, jelly, flax seed and raisins grilled in a wrap, served w/ cottage cheese

**\*Adult Grilled Cheese** \$4.25

3 kinds of cheese with tomato – grilled until melted!

Toasted bagel w/ Butter: \$.85 w/ Cream Cheese or Peanut Butter & Jelly: \$1.35

**Dressing Selections:** *French, Ranch, Raspberry Vinaigrette, Italian, Caesar, Homemade Poppy Vinaigrette, Homemade Feta Cheese, Homemade Balsamic Vinaigrette*

Sandwich / Salad to go? Please add \$.10 each item

10% service charge added to orders of 7 or more \*

### The Basics

	12 oz (1 shot)	16 oz (1 – 2 shots)	20 oz (1 – 3 shots)
Espresso (shot only)	\$1.50	\$1.85	\$2.25
Cappuccino/latte	\$3.25	\$3.75	\$4.00
Flavor:	\$3.50	\$4.00	\$4.25
Breve – espresso with steamed ½ & ½			
	\$3.50	\$4.10	\$4.60
Flavor:	\$3.75	\$4.35	\$4.85
Mocha – espresso with chocolate and steamed milk (*sugar free on request at no charge)			
Chocolate	\$3.35	\$3.85	\$4.25
White Chocolate	\$3.45	\$3.95	\$4.35
Americano – espresso and hot water			
	\$1.75	\$2.10	\$2.50
Red Eye – coffee with a shot of espresso			
	\$2.00	\$2.55	\$2.95
Café au Lait – 2/3 coffee, 1/3 steamed milk			
	\$2.00	\$2.55	\$2.95
Coffee to Go	\$1.50	\$1.75	\$1.95
Coffee (Bottomless – FOR HERE ONLY) -	\$1.95		
X-Press Coffee (Single Serve Press Coffee) 16 oz	\$2.95		
(ask about today's coffee selection!)			
Extra Shot of Espresso or flavor -	\$.60	Soy - \$.60	

### Non-Java Drinks

Chai	\$3.25	\$3.75	\$4.25
(ask for available flavors)			
Steamers	\$2.25	\$2.75	\$3.25
Hot Chocolate	\$2.50	\$3.00	\$3.50
Apple Cider	\$2.25	\$2.50	\$2.75
W/Caramel	\$2.50	\$2.75	\$3.25
Fruit Smoothie (Ask for flavors!)		\$4.25 / \$4.75	

### Specialty Espresso

**Topped with whipped cream!**

Vanilla Hazelnut Breve – vanilla, hazelnut, ½ & ½			
Raspberry Avalanche Mocha – white chocolate, raspberry			
Crème de Menthe Mocha – Irish cream, chocolate, mint			
White Chocolate Macadamia Nut Mocha – white chocolate, macadamia nut syrup, touch of vanilla syrup			
German Chocolate Mocha – caramel, chocolate, praline, coconut			
Better than 'Bucks (Upside Down Vanilla Latte) – vanilla syrup, steamed milk with espresso on top and drizzled with caramel			
Caramella Latte – Ghirardelli caramel syrup	\$3.75	\$4.25	\$4.75

### Blended Espresso

**Topped w/ whipped cream! \$4.50 / \$4.99**

Vanilla Chill – tempting vanilla flavors	
Black and white Mocha – white chocolate and chocolate	
Almond Joy Mocha – chocolate, almond and coconut	

### Iced Espresso

**Served over ice and topped w/ whipped cream! \$4.25 / \$4.75**

Iced Caramel Nut – chocolate, caramel, hazelnut	
Iced Rocky Road – chocolate, vanilla and almond	
Toffee Cream – chocolate, toffee and vanilla	

### Miscellaneous

Flavored Iced Tea	\$2.25 / Iced Tea (one free re-fill)	\$1.75
Hot Tea	\$1.75 / Bottled Water	\$.95 / Milk \$1.25
Italian Soda	\$1.75 / Italian Cream Soda	\$1.95
Bottled soda		\$2.25

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