

BREAKFAST *Served until 10:30am*

THE BREAKFAST BURRITO Scrambled eggs, sausage, cheddar cheese, diced tomatoes, green onions, served with salsa	cal. 630	5.79
EGG & CHEESE CROISSANT	cal. 500	5.69
BACON, EGG & CHEESE CROISSANT	cal. 580	6.79
BREAKFAST BOWL Sausage or Bacon	cal. 395-445	4.99
AVOCADO TOAST One slice of Texas toast, pesto aioli, provolone cheese, fresh avocado slices.	cal. 290	4.19

FRESHLY BREWED COFFEE



HOT		12oz	16oz	20oz
Freshly Brewed	cal. 0-5	2.09	2.39	2.59
COLD			16 oz.	
Iced Coffee	cal. 5		3.99	

BAKERY

KILLER CHOCOLATE CHIP COOKIE	cal. 350	3.39
GOURMET COOKIES  NUTS! Salted Caramel, Reese's Peanut Butter	cal. 420-580	3.39
BROWNIES  NUTS! Rocky Road Brownie, Blondie	cal. 420-530	3.39
MUFFINS  NUTS!	cal. 300-540	4.19
CINNAMON ROLL	cal. 820	3.99

SMOOTHIES

STRAWBERRY BANANA	cal. 380	6.89
MANGO	cal. 360	6.89
YOGA BLISS	cal. 450	7.69
+PROTEIN POWDER		0.99
<i>*All smoothies contain dairy</i>		

SIGNATURE SANDWICHES

HOT SANDWICHES

CHICKEN SALAD & APPLES on a Multigrain boule Homemade chicken salad, blue cheese dressing, hickory smoked bacon, granny smith apples 🥜NUTS!	cal. 810	8.39
CADILLAC CHICKEN on a Multigrain boule Fresh chicken, provolone cheese, hickory smoked bacon, romaine lettuce, tomato, honey mustard	cal. 860	9.19
ORIGINAL VEGGIE on French boule Fresh avocado slices, cucumbers, tomatoes, romaine lettuce, roasted red peppers, mayo, provolone cheese	cal. 700	7.69
CHICKEN SALAD on a Croissant 🥜NUTS! Homemade chicken salad, romaine lettuce, tomato	cal. 540	7.89
TURKEY CHEEZER on a Multigrain boule Turkey, provolone cheese, romaine lettuce, tomato, mayo	cal. 770	8.59
HAM CHEEZER on a Multigrain boule Ham, swiss cheese, romaine lettuce, tomato spicy brown mustard, mayo	cal. 850	8.59
JUST CHICKEN on Brioche bun Fresh chicken with pickles and your choice of: Pesto aioli, Honey buffalo, or Firecracker sauce	cal.400- 660	6.99
VEGGIE PORTABELLA on French boule Portabella mushroom,fresh avocado slices, cucumbers, tomatoes, romaine lettuce, roasted red peppers, mayo, provolone cheese	cal. 725	8.59

CHICKEN PORTABELLA on Cuban Bread Fresh chicken, portabella mushroom, provolone cheese, roasted red peppers, pesto aioli	cal. 880	8.79
OMG BRISKET SANDWICH on Cuban bread Brisket, pepper jack cheese, roasted jalapeños, cilantro, fresh avocado slices, baja sauce	cal. 900	10.99
GRILLED CHEESE on Texas Toast Melted provolone and cheddar cheeses	cal. 560	5.89

UNDER 450 CALORIES

HUMMUS, CHICKEN, & GOAT CHEESE WRAP on a Flour tortilla Fresh chicken, hummus, romaine lettuce, diced tomatoes, diced cucumbers, goat cheese & balsamic dressing	cal. 440	7.49
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CADILLAC CHICKEN



CHICKEN PORTABELLA

🥜NUTS! = CONTAINS NUTS

*2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

SIGNATURE WRAPS

GRAIN BOWLS

TURKEY, BACON, AVOCADO cal. 620 9.79
on a Whole Wheat tortilla
Turkey, hickory smoked bacon, avocado slices,
romaine lettuce, tomato, basil pesto aioli

BUFFALO cal. 620 7.39
on a Tomato Basil tortilla
Fresh chicken breast, cheddar cheese, tomato,
romaine lettuce, buffalo sauce, blue cheese dressing

CHICKEN CAESAR cal. 980 7.39
on a Whole Wheat tortilla
Fresh chicken breast, tomatoes, romaine lettuce,
parmesan cheese, caesar dressing

SALADS

GARDEN SALAD cal. 170 8.39
Romaine lettuce, tomato, cucumbers.
cheddar cheese, hard boiled egg

COBB SALAD cal. 210 8.99
Romaine lettuce, fresh chicken breast,
hickory smoked bacon, tomato,
blue cheese crumbles

CHEF SALAD cal. 240 8.99
Romaine lettuce, turkey, ham, cheddar cheese
tomato, cucumbers, hard boiled egg

SOUTHWEST cal. 450 8.99
served with Firecracker sauce
Brown rice, romaine lettuce, fresh chicken breast,
sauteed corn, black beans, tomatoes, avocado,
green onion, cilantro

ASIAN INSPIRED  **NUTS!** cal. 380 8.99
served with Asian Sesame dressing
Brown rice romaine lettuce, fresh chicken breast,
roasted red peppers, mandarin oranges,
shredded carrots, cucumbers, almonds

MEDITERRANEAN cal. 540 8.99
served with Tzatziki sauce
Brown rice, romaine lettuce, fresh chicken,
cucumber, chickpea salad mix, feta cheese

BRISKET cal. 869 10.99
served with Baja sauce
Brown rice, romaine lettuce, brisket, sautéed corn,
pepper jack cheese, avocado, jalapeños, fresh cilantro

SOUPS

SMALL cal. 85-265 4.99
LARGE cal. 165-500 7.99

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VALUE MEALS

BREAKFAST *Served until 10:30am*

Includes FRUIT & COFFEE or FOUNTAIN DRINK

THE BREAKFAST BURRITO *served with salsa*
Scrambled eggs, sausage, cheddar cheese,
diced tomatoes, green onions.

cal. 630

EGG & CHEESE CROISSANT

cal. 500

CHOICE OF MUFFIN  **NUTS!**

cal 300-540

LUNCH *Begins at 10:30am*

ORIGINAL VEGGIE on a French boule
includes chips & fountain drink

TURKEY CHEEZER on a Multigrain boule
includes chips & fountain drink

HAM CHEEZER on a Multigrain boule
includes chips & fountain drink

SOUTHWEST GRAIN BOWL
served with Firecracker sauce
includes fountain drink

GARDEN SALAD
includes fountain drink



LIMITED TIME OFFER



RIISING ROLL
gourmet café

THE MUFFALETTA SANDWICH

A New Orleans Classic.

BOLD. SAVORY. UNFORGETTABLE.

Served on 1/2
Ciabatta
bread



Loaded with Flavor!

- GENOA SALAMI
- HAM
- PROVOLONE CHEESE
- OUR HOUSE MADE OLIVE MIX

For a
LIMITED
TIME

\$10.99

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