

 Chef Salad (240 Cal)  RISING ROLL gourmet café	8.99
Romaine lettuce, turkey, ham, cheddar cheese, tomato, cucumbers, & hard boiled egg.	
 Turkey Cheezer (830 Cal)  RISING ROLL gourmet café	8.59
Turkey, provolone cheese, Romaine lettuce, tomato, & mayo on a multigrain boule.	
 Ham Cheezer (730 Cal)  RISING ROLL gourmet café	8.59
Ham, Swiss cheese, Romaine lettuce, tomato, & mayo on a multigrain boule.	
Greek Yogurt Parfait (190-200 Cal)	4.99
Blueberry • Strawberry • Peach	
Overnight Oats (330-350 Cal)	4.99
Old-fashioned oats and chia seeds soaked in a nonfat Greek yogurt, milk, & honey. Topped with granola and your choice of blueberry, strawberry, or peach.	
Muffins (280-340 Cal)	3.99
Blueberry • Orange Cranberry • Banana Nut • Double Chocolate Chip	
Grape Cup (60 Cal)	3.29
Bagels (290-310 Cal)	3.09
Everything • Plain • Blueberry Comes with a choice of plain cream cheese, peanut butter, strawberry preserves, or Nutella.	

Toast

All on Wheatberry Bread

 Pimento Cheese Bacon (430 Cal)	4.29
Pimento cheese, diced tomatoes, bacon, & scallions.	
 Chicken Salad (250 Cal)	4.29
Fruited almond chicken salad, spring mix, & pumpkin seeds.	
 Blueberry Chia (200 Cal)	3.99
Blueberries, Greek yogurt, chia seeds, & honey.	
 PB Power (410 Cal)	3.99
Peanut butter, chia seeds, banana, & honey.	
Banana Berry Nutella (510 Cal)	3.99
Nutella, banana, strawberries, & coconut flakes.	
Smashed Avocado (220 Cal)	3.99
Seasoned with lemon, salt, & red pepper flakes. Add hard boiled egg \$2.00	



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

Awaken Bakery

Gluten Free Bakery Items

Cinnamon Rolls (650 Cal) 7.49

Cake Tins (620-710 Cal) 7.29
Cookie Dough • Funfetti

Cosmic Brownie (820 Cal) 7.29

French Toast Casserole (550 Cal) 6.49

Double Chocolate Donut (450 Cal) 4.49

Bagels (350-360 Cal) 3.99
Everything • Plain

Fruit

Apple (100 Cal) • **Orange** (100 Cal) 1.39

Chips

Ms. Vickie's (200-210 Cal) 1.99
Original Sea Salt • Smokehouse BBQ • Jalapeño

*Honey Cinnamon Oatmeal

Build Your Own (220 Cal) | 4.59

**Breakfast Only*

Pick 3 Toppings

Strawberries (10 Cal)

Blueberries (15 Cal)

Granola (110 Cal)

Sliced Almonds (40 Cal)

Cacao Nibs (60 Cal)

Nutella (210 Cal)

Honey (45 Cal)

Peanut Butter (190 Cal)

Dried Cranberries (30 Cal)

Pumpkin Seeds (40 Cal)

Shredded Coconut (35 Cal)

Strawberry Preserves (100 Cal)

Additional Toppings | .99

Drinks

Monster / Monster Zero 16 oz. 3.79

Bottled Drinks 20 oz. 2.99

Coke • Coke Zero • Sprite • Dr. Pepper • Diet Dr. Pepper

Bottled Dasani 20 oz. 2.49

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coffee, espresso, cold brew, iced espresso & tea

	sm	cal	med	cal	lrg	cal
caramel macchiato	4.79	335	5.19	445	5.49	540
cinnamon spice latte	5.19	345	5.49	475	5.79	630
mocha/white mocha	5.09	295	5.39	390	5.69	510
vanilla latte	5.19	295	5.49	370	5.79	470
latte	4.79	215	5.09	270	5.29	350
cappuccino	4.69	140	4.99	175	5.19	230
americano	3.79	10	4.09	15	4.29	20
coffee	3.09	5	3.29	10	3.49	15
hot chocolate	3.89	310	4.09	425	4.29	540
cold brew with vanilla cold foam	4.89	80	5.29	80	5.59	80
cold brew with salted caramel cold foam	4.89	80	5.29	80	5.59	80
cold brew 	4.49	5	4.79	5	4.99	5
nitro cold brew 	4.99	5	5.39	5	5.59	5
shaken iced espresso	4.19	155	4.49	180	4.69	230
chai latte	4.99	290	5.19	375	5.39	470
matcha latte	4.89	328	5.19	452	5.39	576
hot tea	2.99	0	3.19	0	3.39	0

extras

add espresso	adds 5 cal	0.99	cold foam	0.89
flavor shot	adds 20 cal/pump	0.89	whipped cream	adds 60 cal

Dairy alternatives are available. All beverages available iced or hot. 100% of our coffees and espresso are sustainably certified.

blended beverages

javalanche®

	sm	cal	med	cal	lrg	cal
espresso ☪	5.29	360	5.49	475	5.69	480
caramel ☪	5.39	420	5.69	600	5.89	665
mocha ☪	5.39	405	5.69	565	5.89	615
white mocha ☪	5.39	410	5.69	575	5.89	630
vanilla cream	5.39	470	5.69	530	5.89	590
strawberry cream	5.39	450	5.69	500	5.89	560

smoothies

mixed berry 🍓	5.29	315	5.69	315	5.99	365
mango 🍌	5.29	315	5.69	315	5.99	365
strawberry 🍓	5.29	315	5.69	315	5.99	365
strawberry banana 🍌	5.29	315	5.69	315	5.99	365
matcha green tea	5.29	395	5.69	494	5.99	575

refreshers

dragonfruit lychee	4.39	77	4.69	103	5.09	120
strawberry/açaí	4.39	88	4.69	120	5.09	140
watermelon/cucumber mint	4.39	94	4.69	117	5.09	140

☪ prepared with fresh espresso

🍓 smoothies are made with 100% fruit.

made with apricot green iced tea

2000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutrition information available upon request.