BREAKFAST served until 10:30am

FRESH BREWED COFFEE

THE BREAKFAST BURRITO Scrambled eggs, sausage, cheddar cheese,

diced tomatoes, green onions, served with salsa

EGG & CHEESE CROISSANT	cal. 500	5.49
BACON, EGG & CHEESE CROISSANT	cal. 580	6.49

BREAKFAST BOWL cal. 395-445 4.69 Sausage or Bacon

AVOCADO TOAST

One slice of Texas Toast, pesto aioli, Provolone cheese, fresh avocado slices

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HOT		12oz	16oz	20oz
Fresh Brew	cal. 0-5	2.09	2.39	2.59
COLD			16oz	
Iced Coffee	cal. 5		3.79	

BAKERY

KILLER CHOCOLATE CHIP COOKIE	cal. 350	3.19
GOURMET COOKIES	cal. 420-580	3.29
Salted Caramel, Reeses Peanut Butter		
BROWNIES	cal. 420-530	3.29
Rocky Road Brownie, Blondie		
MUFFINS	cal. 300-540	4.19
CINNAMON ROLL	cal. 820	3.89

SMOOTHIES

STRAWBERRY BANANA	cal. 380	6.69
MANGO	cal. 380	6.69
YOGA BLISS	cal. 450	7.39
+PROTEIN POWDER		0.99

^{*}All smoothies contain dairy



5.79

4.19

cal. 630

cal. 290

SIGNATURE SANDWICKES

HOTSANDWICHES

CHICKEN SALAD & APPLES on a Multigrain boule Homemade chicken salad, blue cheese dressing, hickory smoked bacon, Granny Smith apples	cal. 810	8.39
CADILLAC CHICKEN on a Multigrain boule Fresh chicken, Provolone cheese, Romaine lettuce, hickory smoked bacon, tomato, honey mustard	cal. 860	9.19
ORIGINAL VEGGIE on a French boule Cucumbers, tomato, Romaine lettuce, roasted red peppers, fresh avocado slices, mayo, provolone cheese	cal. 700	7.69
CHICKEN SALAD on a Croissant Homemade chicken salad, Romaine lettuce, tomato	cal. 730	7.89
TURKEY CHEEZER on a Multigrain boule Turkey, provolone cheese, Romaine lettuce, tomato, mayo	cal. 830	8.39
HAM CHEEZER on a Multigrain boule Ham, swiss cheese, Romaine lettuce, tomato, spicy brown mustard, mayo	cal. 730	8.39
JUST CHICKEN on a Brioche bun Chicken breast with pickles and your choice of pesto aioli, honey buffalo, or firecracker sauce	cal. 400-660	6.99
VEGGIE PORTABELLA on a French boule Portabella mushroom, cucumbers, tomato, Romaine lettuce, roasted red peppers, fresh avocado slices, mayo, provolone cheese	cal. 375	8.29

CHICKEN PORTABELLA on Cuban bread
Fresh chicken breast, portabella mushroom,
roasted red peppers, provolone cheese,
basil pesto aioli

GRILLED CHEESE on Texas toast
Melted provolone and cheddar cheeses

cal. 560 5.29

8.39

6.99

cal. 750

cal. 440

UNDER 450 CALORIES

HUMMUS, CHICKEN, & GOAT CHEESE WRAP on a Flour tortilla Fresh chicken, hummus, Romaine lettuce, diced tomatoes, diced cucumbers, Goat cheese, balsamic vinaigrette





CHICKEN PORTABELLA



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

SIG	JTAI	REV	WRAPS

GRAIN BOWLS

SOUPS

TURKEY-BACON-AVOCADO	cal. 540	9.49
on a Whole Wheat tortilla		
Turkey, hickory smoked bacon, fresh avocado slid	ces,	
Romaine lettuce, tomato, basil pesto aioli		

SOUTHWEST served with Firecracker sauce Brown rice, Romaine lettuce, black beans, sauteed corn, fresh chicken breast, tomatoes, fresh avocado slices, green onions, fresh cilantro

BUFFALO on a Tomato Basil tortilla Fresh chicken breast, cheddar cheese, tomato, Romaine lettuce, buffalo sauce, blue cheese dressing

ASIAN INSPIRED served with Asian Sesame dressing Romaine lettuce, brown rice, fresh chicken, cucumber, shredded carrots, roasted red peppers, mandarin oranges, toasted almonds

SALADS

MEDITERRANEAN served with Tzatziki sauce Brown rice, Romaine lettuce, fresh chicken, cucumber, chick pea salad mix, feta cheese

GARDEN SALAD

Romaine lettuce, tomato, cucumber, cheddar cheese, hard boiled egg

COBB SALAD

cal. 350 8.99

cal. 640

cal. 170

7.39

8.39

SMALL

LARGE

cal. 85-265 4.89 cal. 165-500 7.69

8.79

8.79

8.79

cal. 450

cal. 540

cal. 540

Romaine lettuce, fresh chicken breast, hickory smoked bacon, blue cheese crumbles

> cal. 250 8.99

CHEF SALAD Turkey, Ham, Romaine lettuce, tomato, cucumber, cheddar cheese, hard boiled egg

= CONTAINS NUTS

VALUEMEALS

LIMITED TIME ONLY

BREAKFAST served until 10:30am includes FRUIT & COFFEE or FOUNTAIN DRINK

THE BREAKFAST BURRITO Scrambled eggs, sausage, cheddar cheese, diced tomatoes, green onions, served with salsa cal. 630

EGG & CHEESE CROISSANT cal. 500

CHOICE OF MUFFIN cal. 380-420

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



Value Meals