



for the kids.
 grilled cheese \$3
 pb&j \$3
 blt \$4
 hot dog \$3

**rise n' shine
 it's breakfast time.**

- bagel \$2
- add cream cheese or butter \$3
- egg and cheese on bagel or toast \$3
- add ham, bacon or sausage \$4

let's do lunch.

salads.

- spinach salad with strawberries, feta & pecans with balsamic vinaigrette \$8
- grilled chicken caesar salad w/bagel chips, parmesan & caesar dressing \$8
- garden salad with scoop of tuna or chicken salad & choice of dressing \$8

wraps.

- hummus, feta, olives, carrots, cukes & lettuce \$7
- grilled chicken, romaine, parmesan & caesar dressing \$8
- roast turkey, havarti, lettuce & mayo \$8

sandwiches.

- fresh mozzarella, tomato, spinach & balsamic vinaigrette pressed on grill \$8
- chicken salad w/cranberries & walnuts on sourdough with lettuce & tomato \$8
- tuna salad with lettuce & tomato on ciabatta \$8
- roast turkey, avocado, bacon, lettuce, tomato & mayo on whole wheat \$9

more sandwiches.

- black forest ham, swiss cheese & honey mustard on wheat \$8
- roast beef, provolone, roasted peppers & balsamic vinaigrette on ciabatta \$9

we're getting cheesy.

(build your own grilled cheese)

choose a cheese.

- havarti, cheddar, swiss or provolone \$3

choose a meat.

- ham, bacon or turkey \$5

choose a veggie.

- tomato, spinach, pickles, or roasted peppers \$7

this n' that.

- seasonal fruit cup \$4
- yogurt parfait \$5
- hummus plate with bagel chips, carrot & celery sticks \$4
- ice cream novelties \$3-\$5
- frozen candy \$2

smoothies.

- strawberries, banana & organic vanilla yogurt \$5
- spinach, banana & organic vanilla yogurt \$5
- mixed berries & organic vanilla yogurt \$5