

BREAKFAST

BREAKFAST SANDWICHES:

Egg and Cheese English Muffin 350 cal	\$2.89
Bacon, Egg, and Cheese Biscuit 570 cal	\$3.39
Sausage, Egg, and Cheese English Muffin 520 cal	\$3.39
Ham, Egg, and Cheese Biscuit 540 cal	\$3.39

OMELETS:

Cheese Omelet 340 cal	\$2.99
Vegetable Omelet (up to 3) 340-355 cal	\$3.49
Meat Omelet (w/ up to 3 veg) 370-525 cal	\$4.49

A LA CARTE:

2 slices of bacon 70 cal	0.99
1 slice of ham 30 cal	0.99
1 sausage patty 170 cal	0.99
2 fresh eggs 390 cal	1.79
bagel 210-270 cal	0.99
biscuit 210 cal	0.99
biscuit & gravy 350 cal	2.99
french toast 330 cal	2.99
2 toast slices 110 - 160 cal	0.99
english muffin 120 cal	0.99

john conti® Gourmet Coffee

12 oz.	16 oz.
\$1.59	\$1.89



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

LUNCH

SANDWICHES:

Tuna Salad Wheat Berry 340 cal Creamy tuna salad, tomato, and lettuce on wheat berry bread	\$5.09
Chunky Chicken Salad Sandwich 370 cal Diced chicken and celery in a creamy Dijon mayonnaise dressing	\$4.99
Grilled Chicken Caesar Wrap 700 cal Grilled chicken, Parmesan, romaine lettuce, tomato, and croutons with Caesar dressing in a wrap	\$5.09
Turkey and Bacon Ciabatta 480 cal Turkey, bacon, American cheese, lettuce, and tomato on a rustic ciabatta roll	\$6.09
Ham and Swiss Ciabatta 370 cal Ham, Swiss cheese, dill pickle, lettuce, and mustard on ciabatta roll	\$5.49
Made to Order 200-650 cal Create your own sandwich or wrap	\$6.09

HOT OPTIONS:

Grilled Cheese 280 cal Your choice of white or wheat with American Cheese	\$2.29
Grilled Cheese Combo 380-570 cal Grilled cheese served with an 8 oz. soup	\$4.99
Chicken Quesadilla 770 cal A crispy flour tortilla filled with spicy chicken, Cheddar Jack, guacamole, salsa, and sour cream	\$6.29
Blackbean Burger 330 cal Black bean burger topped with lettuce, tomato, and sliced onion on a toasted roll	\$4.49

BEVERAGES:

Regular (22oz) 10-370 cal	\$1.79
Large (32oz) 10-460 cal	\$1.99

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