

BREAKFAST



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

À la carte:

Two Slices of Bacon 70 cal	\$0.99
One slice of Ham 30 cal	\$0.99
One Sausage Patty 170 cal	\$0.99
Two slices of Toast 110-160 cal	\$0.99
Biscuits + Gravy 350 cal	\$2.99
Bagel 210-270 cal	\$0.99

john conti® Gourmet Coffee

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

Beverages

Regular 22oz	\$1.79
Medium 32oz	\$1.99

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

Salads

Made to Order 75-590 cal Your choice of Romaine lettuce or baby spinach, four toppings, one cheese option, dressing, + croutons	\$6.15
Grilled Chicken Cobb 410 cal Grilled chicken + avocado on romaine tossed with bacon, tomato, egg, blue cheese, + Italian dressing	\$5.99
Chicken Caesar 320 cal Grilled chicken on romaine tossed with Parmesan, seasoned croutons, and creamy Caesar dressing	\$5.99
Buffalo Chicken 420 cal Grilled chicken, bacon, blue cheese, vegetables, and seasoned croutons on crisp salad greens	\$5.99
Bacon Spinach 90 cal Tender spinach tossed with blue cheese, bacon, mushrooms, egg, and red onion	\$5.99

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