## Breakfast Sandwiches
(served on your choice of a biscuit or english muffin)

- **Egg and Cheese | 250 - 400 cal**: $3.30
- **Bacon, Egg, and Cheese | 320 - 470 cal**: $3.80
- **Sausage, Egg, and Cheese | 420 - 570 cal**: $3.60
- **Ham, Egg, and Cheese | 280 - 430 cal**: $3.60

## Omelets

- **Cheese Omelet | 330 cal**: $3.20
- **Vegetable Omelet (up to 3) | 330-350 cal**: $3.70
- **Meat Omelet (with up to 3 veg) | 360-520 cal**: $4.75

## A La Carte

- **2 Slices of Bacon | 70 cal**: $1.10
- **1 Slice of Ham | 30 cal**: $1.10
- **1 Sausage Patty | 170 cal**: $0.90
- **1 Fresh Egg | 90 cal**: $1.90
- **Bagel | 210-270 cal**: $1.30
- **English Muffin | 120 cal**: $1.30
- **Biscuit & Gravy | 350 cal**: $4.25
- **2 Toast Slices | 120 - 130 cal**: $1.10

## Beverages

- **12 oz john conti® Coffee | 0 cal**: $2.00
- **16 oz john conti® Coffee | 0 cal**: $2.35
- **24 oz Fountain Drink | 0-370 cal**: $1.90
- **32 oz Fountain Drink | 0-460 cal**: $2.15
- **Drink Refill**: $1.10

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

Tuna Salad Sandwich | 400 cal
Creamy tuna salad, tomato, and lettuce on wheat berry bread  $5.40

Chunky Chicken Salad Sandwich | 390 cal
Diced chicken and celery in a creamy mayonnaise dressing  $5.40

Grilled Chicken Caesar Wrap | 700 cal
Grilled chicken, Parmesan, romaine lettuce, tomato, and croutons with Caesar dressing in a wrap  $5.40

Turkey and Bacon Ciabatta | 480 cal
Turkey, bacon, American cheese, lettuce, and tomato on a rustic ciabatta roll  $6.45

Ham and Swiss Ciabatta | 370 cal
Ham, Swiss cheese, dill pickle, lettuce, and mustard on ciabatta roll  $6.45

Made to Order
Create your own sandwich or wrap  $6.95

Hot Options

Grilled Cheese | 300 cal
Your choice of white or wheat with American Cheese  $2.65

Grilled Cheese Combo | 400-590 cal
Grilled cheese served with an 8 oz. soup  $5.30

Chicken Quesadilla | 850 cal
A crispy flour tortilla filled with chicken, cheddar, lettuce, & tomato. Guacamole, salsa, jalapenos, & sour cream on side.  $7.15

Black Bean Burger | 310 cal
Black bean burger topped with lettuce, tomato, and sliced onion on a bun  $4.75

Add Ons

2 Slices of Bacon | 70 cal  $1.10
Extra meat | 45 cal  $1.90
Extra cheese | 40 - 60 cal  $0.90

Beverages

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