Breakfast Sandwiches

Egg and Cheese | 250 cal | $3.30
Bacon, Egg, and Cheese | 470 cal | $3.80
Sausage, Egg, and Cheese | 420 cal | $3.60
Ham, Egg, and Cheese | 430 cal | $3.60

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 | 110 – 160 cal | $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 | 340 cal $5.40
Creamy tuna salad, tomato, and lettuce on wheat berry bread

Chunky Chicken Salad Sandwich | 370 cal $5.40
Diced chicken and celery in a creamy mayonnaise dressing

Grilled Chicken Caesar Wrap | 700 cal $6.45
Grilled chicken, Parmesan, romaine lettuce, tomato, and croutons with Caesar dressing in a wrap

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

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

Additional Toppings

2 Slices of Bacon | 70 cal $1.05
Extra meat | 30 cal $1.85
Extra cheese | 170 cal $0.85

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

Grilled Cheese | 280 cal $2.65
Your choice of white or wheat with American Cheese

Grilled Cheese Combo | 380-570 cal $5.30
Grilled cheese served with an 8 oz. soup

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

Veggie Burger | 330 cal $4.75
Veggie burger topped with lettuce, tomato, and sliced onion on a toasted roll

Beverages

12 oz john conti® coffee | 70 cal $2.00
16 oz john conti® coffee | 70 cal $2.35

Grab-n-Go includes cereal, muffins, and fruit.

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