# Breakfast

**Omelets**
- Cheese Omelet 330 cal $3.30
- Vegetable Omelet 330-350 cal $3.85
  Made to order with your choice of up to three vegetables
- Meat Omelet 360-520 cal $4.90
  Made to order with your choice of meat and up to three vegetables

**Breakfast Sandwiches**
Served on your choice of biscuit or english muffin.
- Egg & Cheese 250-400 cal $3.40
- Sausage, Egg & Cheese 420-570 cal $3.95
- Bacon, Egg, & Cheese 320-470 cal $3.95
- Ham, Egg, & Cheese 280-430 cal $3.75

**À La Carte**
- Bacon 70 cal $1.15
  Two slices
- Ham 30 cal $1.15
  One slice
- Sausage 170 cal $0.95
  One patty
- Two Eggs 180 cal $2.00
- Toast 120-130 cal $1.35
  Two slices of your choice of white or wheat
- Home Fries 210 cal $1.35
- Bagel 210-270 cal $1.85
- English Muffin 120 cal $1.85

**Breakfast Plate** 320-560 cal $4.70
Two eggs cooked to order with your choice of one meat and potatoes or a biscuit

**john conti® Gourmet Coffee**
- 12 oz. 0 cal $2.10
- 16 oz. 0 cal $2.45

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

Sandwiches & Wraps

Made to Order 75-590 cal
Your choice of Romaine lettuce or baby spinach, four toppings, one cheese option, dressing, & croutons $7.10

Tuna Salad Sandwich 400 cal
Creamy tuna salad, tomato, and lettuce on wheat berry bread $5.60

Chunky Chicken Salad Sandwich 390 cal
Diced chicken and celery in a creamy Dijon mayonnaise dressing $5.60

Grilled Chicken Caesar Wrap 700 cal
Grilled chicken, Parmesan, Romaine lettuce, tomato, and croutons with Caesar dressing in a wrap $6.65

Turkey and Bacon Ciabatta 480 cal
Turkey, bacon, American cheese, lettuce, and tomato on a rustic ciabatta roll $6.65

Ham and Swiss Ciabatta 370 cal
Ham, Swiss cheese, dill pickle, lettuce, and mustard on ciabatta roll $6.65

Hot Options

Grilled Cheese 300 cal
Your choice of white or wheat with American Cheese $2.75

Grilled Cheese Combo 400-590 cal
Grilled cheese served with an 8 oz. soup of Day $5.50

Chicken Quesadilla 850 cal
A crispy flour tortilla filled with chicken, cheddar, lettuce, & tomato, Guacamole, salsa, jalapenos, & sour cream on side. $7.40

Black Bean Burger 310 cal
Black bean burger topped with lettuce, tomato, and sliced onion on a toasted roll $4.90

Drinks

24 oz Fountain Drink 0-370 cal $2.00
32 oz Fountain Drink 0-460 cal $2.25

Salads

Made to Order 75-590 cal
Your choice of Romaine lettuce or baby spinach, four toppings, one cheese option, dressing, & croutons $7.10

Grilled Chicken Cobb 410 cal $7.10
Grilled chicken & avocado on romaine tossed with bacon, tomato, egg, blue cheese, & Italian dressing

Chicken Caesar 320 cal $7.10
Grilled chicken on romaine tossed with Parmesan, seasoned croutons, and creamy Caesar dressing

Buffalo Chicken 420 cal $7.10
Grilled chicken, bacon, blue cheese, vegetables, and seasoned croutons on crisp salad greens

Bacon Spinach 190 cal $7.10
Tender spinach tossed with blue cheese, bacon, mushrooms, egg, and red onion

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## Made To Order

### Sandwiches

**$6.95**

<table>
<thead>
<tr>
<th>Bread</th>
<th>Protein</th>
<th>Cheese</th>
<th>Toppings</th>
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</thead>
<tbody>
<tr>
<td>White Wheat</td>
<td>Chicken Salad</td>
<td>American Cheddar</td>
<td>Banana Peppers</td>
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<tr>
<td>Wheat Berry</td>
<td>Turkey</td>
<td>Cheddar</td>
<td>Black Olives</td>
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<tr>
<td>Ciabatta Wrap</td>
<td>Ham</td>
<td>Pepper Jack</td>
<td>Cucumber</td>
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<td>Hummus</td>
<td>Provolone</td>
<td>Lettuce</td>
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<td></td>
<td>Tuna Salad</td>
<td>Swiss</td>
<td>Red Onion</td>
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<td>Tomato</td>
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</tbody>
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*extra meat $2.00 | add bacon $1.15 | extra cheese $0.95 | extra toppings $0.90*

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