

Cold Drinks

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Cold Brew.....	\$3.99	4.99
Coffee Frappe.....	\$4.99	5.99
Mocha Frappe.....	\$4.99	5.99
Caramel Frappe.....	\$4.99	5.99
Matcha Green Tea Frappe.....	\$4.99	5.99
Fruit Smoothie.....	\$4.99	
Soda.....	\$2.99	3.99
Iced Tea.....	\$2.59	2.99
Slushi.....	\$2.99	3.99

Warm Drinks

House Blend.....	\$1.99	2.59
Americano.....	\$2.99	3.59
Latte.....	\$3.59	4.59
Vanilla Latte.....	\$3.99	4.99
Hazelnut Latte.....	\$3.99	4.99
Caramel Latte.....	\$3.99	4.99
Mocha Latte.....	\$3.99	4.99
Cappuccino.....	\$3.99	4.99
Espresso.....	\$1.99	2.99
Extra Shot.....	\$1.00	
Tea.....	\$1.99	2.99
Chai Latte.....	\$3.99	4.99
Hot Chocolate.....	\$3.59	4.99

Kids' Favorites

Delicious Grilled Cheese.....	\$4.99
Filling All-Beef Hot Dog.....	\$4.99
 Chicken Tenders (gluten free).....	\$4.99

Junior COMBO \$7.99

your choice of grilled cheese, chicken tenders or hot dog, plus chips, fruit or applesauce, and milk, juice or soda

Craving Something...

SWEET?

Cookie.....	\$3.59
Seasonal Pastry.....	\$3.59
Almond Croissant.....	\$3.59
Chocolate Croissant.....	\$3.59
Dippin' Dots.....	\$4.99
 Paradise Bar (gluten free).....	\$5.99
 Soft Serve Ice Cream.....	\$3.99

HOT?

Pretzel Puffs w/ Cheese.....	\$4.59
Nachos.....	\$4.99
Soup of the Day.....	\$4.99
Chili.....	\$5.99

FAST & EASY?

Whole Fruit.....	\$1.99
Bagel & Cream Cheese.....	\$3.99
Chips.....	\$1.99
Organic Applesauce.....	\$2.99
Cheese & Grapes.....	\$5.99
swiss, pepper jack and cheddar cheese with crackers, seedless grapes and trail mix	
Yogurt Parfait.....	\$4.99
vanilla yogurt and crunchy granola	

Fresh + Ready

Ham Sandwich..... \$6.99
smoked ham, white cheddar cheese and honey mustard on brioche bread

Chicken Curry Sandwich..... \$7.99
chicken, cranberries, pecans, green apple, celery, green onion, mayo, curry, red wine vinegar and parsley on multigrain bread

Barbecued Chicken Wrap..... \$7.99
chicken, bacon, cheddar, romaine lettuce and BBQ sauce in a spinach tortilla with ranch dressing

Southwestern Veggie Wrap..... \$7.99
quinoa, pepper jack, power slaw, black beans, greens and corn with chipotle dressing

Turkey Croissant..... \$7.99
smoked turkey, white cheddar cheese and mixed greens on a croissant

Cashew Chicken Salad..... \$7.99
power slaw, chicken, mandarin oranges, cashews, smoked sesame and wasabi sesame seeds with sesame dressing

7 Layer Salad..... \$7.99
mint, tomatoes, cucumber, quinoa, kalamata olives, 5 grain blend and edamame with balsamic basil dressing

5 Grain Salad..... \$5.99
5 grain blend, cherry tomatoes, cucumber, red bell pepper, chopped parsley, pecans and Feta cheese crumbles with Greek Feta dressing

Chicken Caesar Salad..... \$7.99
romaine lettuce, grilled chicken, parmesan cheese and croutons with Caesar dressing

Hot From the Oven

The Spicy..... \$7.99

smoked turkey with pepper jack cheese, onions, sweet peppers and chipotle sauce on rosemary olive oil artisan bread

The Goopy..... \$6.99

layers of white and yellow cheddar melted on brioche bread

The Mediterranean Flatbread...\$8.99

mozzarella, prosciutto, chopped antipasto olives and artichokes with marinara sauce

The Meaty Flat Bread.....\$7.99

pepperoni and parmesan with marinara sauce

The Simple Flat Bread..... \$6.99

mozzarella, tomato and basil pesto

The Cheesy Flat Bread.....\$6.99

mozzarella and parmesan cheese

Seasonal Quiche.....\$7.99

eggs, whipped cream, gruyere, swiss, nutmeg, parmesan cheese and seasonal items

Turkey Lasagna..... \$7.99

ground turkey, onion, swiss, provolone, parmesan cheese, tomatoes and lemon

Make it a COMBO

add chips and a small soda to any entree

\$3.00

Is your body trying to tell you something with these CRAVINGS?



Cravings are essential

messages sent by our bodies that something is missing. They are powerful cues that may assist in bringing and maintaining balance.

Craving salty snacks?



Salty snacks are also usually crunchy. The crunch gives your jaw a physical outlet for stress.



Our bodies are amazing bio-computers, with a system of approximately **100 trillion connected cells** working together 24/7 to make sure we breathe, smell, hear, see, feel, move, experience hunger and more!

Craving something cheesy?



L-tryptophan (found largely in milk) combined with carbohydrates stimulates the production of serotonin, creating a **happy sensation**.



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WE CATER!
Contact us for
your next event.