

# BREAKFAST WRAPS

|                                            |      | CAL |
|--------------------------------------------|------|-----|
| Maple Glazed Bacon, Scrambled Egg & Cheese | 4.69 | 430 |
| Chipotle Chicken, Scrambled Egg & Avocado  | 4.69 | 460 |
| Mediterranean Egg White                    | 4.69 | 260 |

# BREAKFAST SANDWICHES

| OVER EASY EGG         |      | CAL |
|-----------------------|------|-----|
| Steak, Egg & Cheese   | 5.39 | 530 |
| Sausage, Egg & Cheese | 4.69 | 540 |
| Bacon, Egg & Cheese   | 4.69 | 450 |
| Egg & Cheese          | 3.69 | 390 |
| EGG WHITE             |      | CAL |

|                              |      |     |
|------------------------------|------|-----|
| Avocado, Egg White & Spinach | 4.69 | 350 |
|------------------------------|------|-----|

# OATMEAL, YOGURT & FRUIT

|                                                                           |      | CAL |
|---------------------------------------------------------------------------|------|-----|
| Steel Cut Oatmeal with Strawberries, Pecans and Cinnamon Crunch Topping 🥜 | 4.59 | 360 |
| Greek Yogurt with Mixed Berries 🥜                                         | 3.99 | 250 |
| Seasonal Fruit Cup                                                        | 2.89 | 60  |

BREAKFAST WRAPS AND SANDWICHES AVAILABLE UNTIL 10:30AM WEEKDAYS/11AM WEEKENDS

🥜 CONTAINS PEANUTS AND/OR TREE NUTS

# BAGELS

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|                                        |      |
|----------------------------------------|------|
| Bagel with 1.75 oz Cream Cheese Spread | 2.69 |
| Bagel                                  | 1.39 |

## BAGELS

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|                               |                                   |
|-------------------------------|-----------------------------------|
| Plain – 280 CAL               | Cinnamon Swirl & Raisin – 310 CAL |
| Everything – 290 CAL          | Cinnamon Crunch – 420 CAL         |
| Sprouted Grain Flat – 180 CAL | Asiago Cheese – 320 CAL           |
| Blueberry – 330 CAL           |                                   |

# CREAM CHEESE SPREADS

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Plain Cream Cheese – 110/180 CAL or Reduced-Fat Cream Cheese:  
Garden Vegetable – 70/110 CAL | Honey Walnut 🌰 – 80/140 CAL

1 Tub of Cream Cheese Spread 2.99  
2 Tubs of Cream Cheese Spread 5.39

*CALORIES FOR 8 OZ TUBS ARE FOR 1 OZ SERVING SIZE/CALORIES  
FOR INDIVIDUAL CUPS ARE FOR 1.75 OZ SERVING SIZE*



**CONTAINS PEANUTS AND/OR TREE NUTS**

# COFFEE, ESPRESSO & TEA

| FRESHLY BREWED COFFEE & TEA | SM<br>12 FL OZ | REG<br>16 FL OZ | LG<br>20 FL OZ | CAL      |
|-----------------------------|----------------|-----------------|----------------|----------|
| Hot Coffee                  | 1.89           | 2.19            | 2.39           | 10-25    |
| Hot Tea                     |                | 2.19            |                | 0        |
| COLD BREW                   |                | REG<br>16 FL OZ | LG<br>20 FL OZ | CAL      |
| Madagascar Vanilla Cream    |                | 3.39            | 3.69           | 200/270  |
| Cold Brew                   |                | 2.89            | 3.19           | 25/25    |
| FROZEN COFFEE               |                |                 |                | CAL      |
| Frozen Caramel Cold Brew    |                |                 | 4.39           | 480      |
| Frozen Mocha Cold Brew      |                |                 | 4.39           | 450      |
| SPECIALTY BEVERAGES         |                |                 | HOT CAL        | ICED CAL |
| Caramel Latte               |                | 3.99            | 390            | 430      |
| Caffe Mocha                 |                | 3.99            | 370            | 400      |
| Madagascar Vanilla Latte    |                | 3.99            | 260            | 290      |
| Chai Tea Latte              |                | 3.99            | 290            | 290      |
| Caffe Latte                 |                | 3.59            | 130            | 160      |
| Cappuccino                  |                | 3.59            | 130            |          |
| Espresso                    |                | 1.79            | 5              |          |
| Signature Hot Chocolate     |                | 3.29            | 500            |          |

ADD SHOTS OF ESPRESSO .79 – 5 CAL/EA., FLAVORED SYRUP .59 – 20-60 CAL/EA. OR SUBSTITUTE ALMOND MILK  .49 – 40 CAL.  
ALSO AVAILABLE IN DECAF, ICED OR WITH SKIM MILK.  
 CONTAINS PEANUTS AND/OR TREE NUTS

# FROZEN & COLD DRINKS

|                        |      |     |
|------------------------|------|-----|
| GREEK YOGURT SMOOTHIES | 4.89 | CAL |
|------------------------|------|-----|

|                   |  |     |
|-------------------|--|-----|
| Mango             |  | 290 |
| Strawberry Banana |  | 250 |
| Strawberry        |  | 280 |

|                     |      |     |
|---------------------|------|-----|
| NON-DAIRY SMOOTHIES | 4.89 | CAL |
|---------------------|------|-----|

|               |  |     |
|---------------|--|-----|
| Green Passion |  | 200 |
|---------------|--|-----|

|               |  |     |
|---------------|--|-----|
| FROZEN COFFEE |  | CAL |
|---------------|--|-----|

|                          |      |     |
|--------------------------|------|-----|
| Frozen Caramel Cold Brew | 4.39 | 480 |
| Frozen Mocha Cold Brew   | 4.39 | 450 |

|             |                 |     |                |     |
|-------------|-----------------|-----|----------------|-----|
|             | REG<br>20 FL OZ |     | LG<br>32 FL OZ |     |
| COLD DRINKS | 2.39            | CAL | 2.69           | CAL |

|                               |     |     |
|-------------------------------|-----|-----|
| Unsweetened Black Iced Tea    | 0   | 0   |
| Passion Papaya Iced Green Tea | 130 | 210 |
| Agave Lemonade                | 160 | 250 |

|             |      |       |      |       |
|-------------|------|-------|------|-------|
| Soft Drinks | 2.39 | 0-290 | 2.69 | 0-460 |
|-------------|------|-------|------|-------|

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE,  
BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITIONAL INFORMATION  
IS AVAILABLE UPON REQUEST.

# WARM GRAIN BOWLS

|               |      | CAL |
|---------------|------|-----|
| Mediterranean | 8.99 | 590 |
| Baja          | 8.99 | 680 |
| WITH CHICKEN  |      |     |
| Mediterranean | 9.49 | 650 |
| Baja          | 9.49 | 740 |

ADD HALF SALAD, HALF SANDWICH OR CUP OF SOUP FOR 2.99

# PASTA

|                            |      | CAL |
|----------------------------|------|-----|
| Chicken Tortellini Alfredo | 9.19 | 750 |

ADD HALF SALAD, HALF SANDWICH OR CUP OF SOUP FOR 2.99

# MAC & CHEESE

|                                     |                                            |       |       |          |
|-------------------------------------|--------------------------------------------|-------|-------|----------|
|                                     | <div><div>YOU PICK</div><div>2</div></div> | SMALL | LARGE | CAL      |
|                                     | 5.29                                       | 5.79  | 9.19  |          |
| Baja Mac & Cheese <b>NEW RECIPE</b> |                                            |       |       | 550/1110 |
|                                     | 4.69                                       | 5.19  | 7.99  |          |
| Mac & Cheese                        |                                            |       |       | 470/950  |

ALL ITEMS SERVED WITH CHOICE OF BAGUETTE – 180 CAL,  
CHIPS – 150 CAL OR APPLE – 80 CAL



COMBINE TWO ITEMS

BOWL OF SOUP • HALF SALAD  
HALF SANDWICH • CUP OF SOUP  
SMALL MAC & CHEESE

SOUPS



| CUP  |  | BOWL |  | CUP  |     | BOWL |     | BREAD BOWL |     |
|------|--|------|--|------|-----|------|-----|------------|-----|
|      |  |      |  |      | CAL |      | CAL |            | CAL |
| 3.89 |  | 5.19 |  | 4.89 |     | 5.79 |     | 6.19       |     |

|                              |           |  |     |  |     |  |     |
|------------------------------|-----------|--|-----|--|-----|--|-----|
| Bistro French Onion          | IT'S BACK |  | 190 |  | 310 |  | 860 |
| Autumn Squash                | V         |  | 230 |  | 340 |  | 890 |
| Chicken Noodle               |           |  | 120 |  | 170 |  | 780 |
| Broccoli Cheddar             |           |  | 230 |  | 360 |  | 900 |
| Creamy Tomato                | V         |  | 230 |  | 340 |  | 900 |
| Ten Vegetable                | V         |  | 60  |  | 100 |  | 730 |
| Cream of Chicken & Wild Rice |           |  | 210 |  | 310 |  | 880 |



| CUP  |  | BOWL |  | CUP  |     | BOWL |     | BREAD BOWL |     |
|------|--|------|--|------|-----|------|-----|------------|-----|
|      |  |      |  |      | CAL |      | CAL |            | CAL |
| 4.89 |  | 5.99 |  | 5.59 |     | 6.49 |     | 6.89       |     |

|              |  |  |     |  |     |  |     |
|--------------|--|--|-----|--|-----|--|-----|
| Turkey Chili |  |  | 210 |  | 310 |  | 880 |
|--------------|--|--|-----|--|-----|--|-----|

V VEGETARIAN

# SANDWICHES



HALF

WHOLE

CAL

|                                                                 |      |      |      |         |
|-----------------------------------------------------------------|------|------|------|---------|
| Roasted Turkey & Avocado BLT                                    | 5.89 | 6.99 | 9.89 | 340/690 |
| Tuscan Grilled Chicken<br><i>Toasted</i> <b>NEW RECIPE</b>      | 5.79 | 6.69 | 9.29 | 430/860 |
| Modern Caprese <i>Toasted</i>                                   | 5.79 | 6.69 | 9.29 | 380/760 |
| Chipotle Chicken Avocado Melt                                   | 5.49 | 6.39 | 8.89 | 390/770 |
| Frontega Chicken <i>Toasted</i>                                 | 5.19 | 5.99 | 8.59 | 390/790 |
| Bacon Tomato Grilled Cheese<br><i>Toasted</i> <b>NEW RECIPE</b> | 5.19 | 5.99 | 8.59 | 340/680 |
| Bacon Turkey Bravo®                                             | 5.19 | 5.99 | 8.59 | 310/620 |
| Napa Almond Chicken Salad                                       | 4.49 | 5.59 | 7.59 | 310/630 |
| Classic Grilled Cheese                                          | 3.99 | 5.09 | 6.99 | 310/630 |
| Mediterranean Veggie <b>NEW RECIPE</b>                          | 3.99 | 5.09 | 6.99 | 230/470 |
| Tuna Salad                                                      | 3.99 | 5.09 | 6.99 | 320/640 |
| Turkey                                                          | 3.99 | 5.09 | 6.99 | 270/540 |
| Heritage Ham & Swiss                                            | 3.99 | 5.09 | 6.99 | 300/610 |

INDIVIDUAL HALF AND WHOLE COLD SANDWICHES  
SERVED WITH A PICKLE - 5 CAL

CONTAINS PEANUTS AND/OR TREE NUTS

# SALADS



HALF

WHOLE

CAL

6.49

7.39

10.39

Southwest Chile Lime Ranch *with Chicken*

340/670

6.19

7.19

10.19

Green Goddess Cobb *with Chicken*

270/550

5.69

6.59

9.39

Fuji Apple *with Chicken*

280/570

Spicy Thai *with Chicken* **NEW RECIPE** **NOW WITH ALMONDS**

230/460

5.39

6.29

8.29

Caesar *with Chicken*

220/450

3.99

4.79

6.39

Caesar

160/320

Seasonal Greens

90/190

Greek

200/400



CONTAINS PEANUTS AND/OR TREE NUTS