

## snacks

\$3.99

*served with fresh fruit & side sauce*

breakfast empanada

*chorizo, egg & potato | black bean, egg & cheese*

370 - 400 cal

## bowls

hot oatmeal

*with choice of toppings (0-120 cal)*

\$3.29 | 90 cal

greek yogurt bowl

*with choice of toppings (0-120 cal)*

\$3.99 | 60 cal

## daily features

\$5.99

**MONDAY  
SPECIAL**

greek breakfast bowl

350 cal

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



## sandwiches

\$4.99

sriracha bacon, egg & cheddar  
*on ciabatta or naan*

680 cal

bacon, ham or sausage  
*with american cheese*

480 cal

southwest egg rancheros  
*with salsa, refried beans, egg & cheddar on naan*

280 cal

turkey bacon, egg white & baby spinach  
*on whole grain flatbread*

240 cal



## snacks

\$3.99

*served with fresh fruit & side sauce*

breakfast empanada

*chorizo, egg & potato | black bean, egg & cheese*

370 - 400 cal

## bowls

hot oatmeal

*with choice of toppings (0-120 cal)*

\$3.29 | 90 cal

greek yogurt bowl

*with choice of toppings (0-120 cal)*

\$3.99 | 60 cal

## daily features

\$5.99

**TUESDAY  
SPECIAL**

chorizo breakfast bowl

520 cal

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



## sandwiches

\$4.99

sriracha bacon, egg & cheddar  
*on ciabatta or naan*

680 cal

bacon, ham or sausage  
*with american cheese*

480 cal

southwest egg rancheros  
*with salsa, refried beans, egg & cheddar on naan*

280 cal

turkey bacon, egg white & baby spinach  
*on whole grain flatbread*

240 cal



## snacks

\$3.99

*served with fresh fruit & side sauce*

breakfast empanada

*chorizo, egg & potato | black bean, egg & cheese*

370 - 400 cal

## bowls

hot oatmeal

*with choice of toppings (0-120 cal)*

\$3.29 | 90 cal

greek yogurt bowl

*with choice of toppings (0-120 cal)*

\$3.99 | 60 cal

## daily features

\$5.99

**WEDNESDAY  
SPECIAL**

crème brulee French toast  
breakfast bowl

490 cal

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



## sandwiches

\$4.99

sriracha bacon, egg & cheddar  
*on ciabatta or naan*

680 cal

bacon, ham or sausage  
*with american cheese*

480 cal

southwest egg rancheros  
*with salsa, refried beans, egg & cheddar on naan*

280 cal

turkey bacon, egg white & baby spinach  
*on whole grain flatbread*

240 cal



## snacks

\$3.99

*served with fresh fruit & side sauce*

breakfast empanada

*chorizo, egg & potato | black bean, egg & cheese*

370 - 400 cal

## bowls

hot oatmeal

*with choice of toppings (0-120 cal)*

\$3.29 | 90 cal

greek yogurt bowl

*with choice of toppings (0-120 cal)*

\$3.99 | 60 cal

## daily features

\$5.99

**THURSDAY  
SPECIAL**

huevos rancheros  
breakfast bowl

410 cal

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



## sandwiches

\$4.99

sriracha bacon, egg & cheddar  
*on ciabatta or naan*

680 cal

bacon, ham or sausage  
*with american cheese*

480 cal

southwest egg rancheros  
*with salsa, refried beans, egg & cheddar on naan*

280 cal

turkey bacon, egg white & baby spinach  
*on whole grain flatbread*

240 cal



## snacks

\$3.99

*served with fresh fruit & side sauce*

breakfast empanada

*chorizo, egg & potato | black bean, egg & cheese*

370 - 400 cal

## bowls

hot oatmeal

*with choice of toppings (0-120 cal)*

\$3.29 | 90 cal

greek yogurt bowl

*with choice of toppings (0-120 cal)*

\$3.99 | 60 cal

## daily features

\$5.99

**FRIDAY  
SPECIAL**

steak & eggs breakfast bowl

460 cal

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



## sandwiches

\$4.99

sriracha bacon, egg & cheddar  
*on ciabatta or naan*

680 cal

bacon, ham or sausage  
*with american cheese*

480 cal

southwest egg rancheros  
*with salsa, refried beans, egg & cheddar on naan*

280 cal

turkey bacon, egg white & baby spinach  
*on whole grain flatbread*

240 cal



## snacks

\$3.99

*served with pickled red onions & chipotle mayo*

empanada [1] 450 - 480 cal  
*spiced beef | corn & roasted poblano*

vegetable samosas [3] 110 cal

## the daily plate

\$6.99

**MONDAY  
SPECIAL**

homemade falafel bowl  
with rice 390 cal

## pasta plates

\$5.99

**DAILY**

mac & cheese 540 cal



### Create your own dynamic duo!

½ sandwich & sm. soup \$7.29 | 425 cal

½ sandwich & sm. salad \$6.99 | 450 cal

sm. soup & sm. salad \$6.29 | 375 cal  
*includes fruit, bread or chips*

## sandwiches

\$5.99

chicken caesar 430 cal  
classic 4 cheese 720 cal  
muffaletta with provolone 690 cal  
turkey bacon club 480 cal

## salads

\$5.99

chicken caesar 410 cal  
spring garden salad 250 cal  
chicken blt salad 560 cal  
greek salad 150 cal  
antipasto entrée salad 420 cal

## soup

8 oz. cup \$3.29 | 160 cal  
12 oz. bowl \$4.29 | 220 cal

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



## snacks

\$3.99

*served with pickled red onions & chipotle mayo*

empanada [1] 450 - 480 cal  
*spiced beef | corn & roasted poblano*

vegetable samosas [3] 110 cal

## the daily plate

\$6.99

**TUESDAY  
SPECIAL**

thai curry chicken & rice bowl 460 cal

## pasta plates

\$5.99

**DAILY**

mac & cheese 540 cal



### Create your own dynamic duo!

½ sandwich & sm. soup \$7.29 | 425 cal

½ sandwich & sm. salad \$6.99 | 450 cal

sm. soup & sm. salad \$6.29 | 375 cal  
*includes fruit, bread or chips*

## sandwiches

\$5.99

chicken caesar 430 cal  
classic 4 cheese 720 cal  
muffaletta with provolone 690 cal  
turkey bacon club 480 cal

## salads

\$5.99

chicken caesar 410 cal  
spring garden salad 250 cal  
chicken blt salad 560 cal  
greek salad 150 cal  
antipasto entrée salad 420 cal

## soup

8 oz. cup \$3.29 | 160 cal  
12 oz. bowl \$4.29 | 220 cal

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



## snacks

\$3.99

*served with pickled red onions & chipotle mayo*

empanada [1] 450 - 480 cal  
*spiced beef | corn & roasted poblano*

vegetable samosas [3] 110 cal

## the daily plate

\$6.99

**WEDNESDAY SPECIAL** braised pork bowl with rice 410 cal

## pasta plates

\$5.99

**DAILY** mac & cheese 540 cal



### Create your own dynamic duo!

½ sandwich & sm. soup \$7.29 | 425 cal

½ sandwich & sm. salad \$6.99 | 450 cal

sm. soup & sm. salad \$6.29 | 375 cal  
*includes fruit, bread or chips*

## sandwiches

\$5.99

chicken caesar 430 cal  
classic 4 cheese 720 cal  
muffaletta with provolone 690 cal  
turkey bacon club 480 cal

## salads

\$5.99

chicken caesar 410 cal  
spring garden salad 250 cal  
chicken blt salad 560 cal  
greek salad 150 cal  
antipasto entrée salad 420 cal

## soup

8 oz. cup \$3.29 | 160 cal  
12 oz. bowl \$4.29 | 220 cal

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



## snacks

\$3.99

*served with pickled red onions & chipotle mayo*

empanada [1] 450 - 480 cal  
*spiced beef | corn & roasted poblano*

vegetable samosas [3] 110 cal

## the daily plate

\$6.99

**THURSDAY  
SPECIAL**

carne asada bowl  
with rice 530 cal

## pasta plates

\$5.99

**DAILY** mac & cheese 540 cal



### Create your own dynamic duo!

½ sandwich & sm. soup \$7.29 | 425 cal

½ sandwich & sm. salad \$6.99 | 450 cal

sm. soup & sm. salad \$6.29 | 375 cal  
*includes fruit, bread or chips*

## sandwiches

\$5.99

chicken caesar 430 cal  
classic 4 cheese 720 cal  
muffaletta with provolone 690 cal  
turkey bacon club 480 cal

## salads

\$5.99

chicken caesar 410 cal  
spring garden salad 250 cal  
chicken blt salad 560 cal  
greek salad 150 cal  
antipasto entrée salad 420 cal

## soup

8 oz. cup \$3.29 | 160 cal  
12 oz. bowl \$4.29 | 220 cal

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



### snacks

\$3.99

*served with pickled red onions & chipotle mayo*

empanada [1] 450 - 480 cal  
*spiced beef | corn & roasted poblano*

vegetable samosas [3] 110 cal

### the daily plate

\$6.99

FRIDAY SPECIAL

japanese shrimp & rice bowl 450 cal

### pasta plates

\$5.99

DAILY

mac & cheese 540 cal



### Create your own dynamic duo!

½ sandwich & sm. soup \$7.29 | 425 cal

½ sandwich & sm. salad \$6.99 | 450 cal

sm. soup & sm. salad \$6.29 | 375 cal  
*includes fruit, bread or chips*

### sandwiches

\$5.99

chicken caesar 430 cal  
classic 4 cheese 720 cal  
muffaletta with provolone 690 cal  
turkey bacon club 480 cal

### salads

\$5.99

chicken caesar 410 cal  
spring garden salad 250 cal  
chicken blt salad 560 cal  
greek salad 150 cal  
antipasto entrée salad 420 cal

### soup

8 oz. cup \$3.29 | 160 cal  
12 oz. bowl \$4.29 | 220 cal

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



*specialty coffee*

16 oz. | \$3.79

cappuccino	90 cal
latte [hot or iced]	160 cal
caramel latte	350 cal
chai tea latte	225 cal
mocha [hot or iced]	510 cal
hot chocolate	660 cal
<i>add flavor or shot</i>	\$0.79   75 cal

**espresso**

single	\$2.19   0-5 cal
double	\$2.59   0-10 cal

*aspreto*

small [12 oz.]	\$1.69   0-50 cal
medium [16 oz.]	\$1.89   0-50 cal
large [20 oz.]	\$2.09   0-50 cal



**Create your own dynamic duo!**

Add a cookie (370 cal) to any hot beverage for only \$0.69

*smoothies*

12 oz. | \$3.69

16 oz. | \$4.69

wild berry mango	260 cal	350 cal
banana	270 cal	350 cal

*numi organic teas*

hot or iced  
0 cal

green citrus | berry treasure  
high mountain black

Small [12 oz.]	Medium [16 oz.]	Large [20 oz.]
\$1.89	\$1.99	\$2.09

add fruit \$1.09 | 120 cal  
*mango, mixed berry or peach*

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