Breakfast Sandwiches
on choice of bagel or croissant

EGG & CHEESE  $3.95 [430 - 620 cal]
EGG, CHEESE & MEAT  $4.75 [530 - 690 cal]
  bacon, sausage or ham

Smoothies

STRAWBERRY BANANA  $5.29 [160 cal]
strawberries, banana & vanilla yogurt
TROPICAL SUNSHINE  $5.29 [310 cal]
pineapple, mango, banana, coconut, orange juice & yogurt
BLUEBERRY PEACH  $5.29 [130 cal]
blueberries, peaches & yogurt
BERRY BLAST  $5.29 [100 cal]
blueberries, strawberries & yogurt

Panini Sandwiches

GARLIC CHICKEN CAESAR  $7.99 [460 cal]
grilled chicken, lettuce, parmesan, garlic caesar dressing on a ciabatta
HAM & CHEESE CIABATTA  $7.59 [430 cal]
slow-roasted ham, swiss, honey mustard on a ciabatta
SPICY ITALIAN  $7.99 [540 cal]
salami, capicola, pepperoni & provolone
CALIFORNIA TURKEY CLUB  $7.99 [430 cal]
turkey, bacon, lettuce, tomato, avocado & citrus garlic aioli
CAPRESE CIABATTA  $7.59 [590 cal]
fresh mozzarella, tomato, pesto, balsamic on a ciabatta

Salads

CAESAR SALAD  $6.49 [240 cal]
lettuce, parmesan & garlic caesar dressing
GARLIC CHICKEN CAESAR  $7.29 [360 cal]
lettuce, grilled chicken, parmesan & garlic caesar dressing
CAPRESE SALAD  $6.99 [490 cal]
greens, fresh mozzarella, tomato, pesto & balsamic

2,000 calories a day is used for general nutrition advice but calorie needs vary. Additional nutritional information available upon request.