DAILY MENU FEATURES

HOT ENTREES $6.99

SOUP DU JOUR $4.99

MONDAY
CHEESE RAVIOLI BOWL
ITALIAN WEDDING

TUESDAY
BEEF TACOS [2]
TOMATO BASIL BISQUE

WEDNESDAY
PULLED CHICKEN SANDWICH
BROCCOLI CHEDDAR

THURSDAY
MEATBALL SUB
MINESTRONE

FRIDAY
PERSONAL PAN PIZZA
NEW ENGLAND CLAM CHOWDER
Breakfast Sandwiches
on choice of bagel or croissant

- EGG & CHEESE $4.19 [350 - 430 cal]
- EGG, CHEESE & MEAT $5.39 [460 - 610 cal]
  choice of bacon, sausage, ham or turkey sausage
- MEDITERRANEAN EGG WHITE WRAP $6.99 [610 cal]
  egg white, spinach, sun dried tomato & feta in a spinach wrap

Smoothies
sub fresh juice for no additional charge [30 cal]

- STRAWBERRY BANANA $5.99 [110 cal]
  low-fat yogurt, strawberries & bananas
- MANGO PINEAPPLE $5.99 [120 cal]
  low-fat yogurt, mango and pineapple
- MIXED BERRY $5.99 [100 cal]
  low-fat yogurt, strawberries, blueberries & raspberries
- VANILLA $5.99 [180 cal]
  almond milk blended with vegan vanilla protein powder

Add Protein Powder
choice of whey or vegansmart vanilla protein powder $2.00 [170 cal]
**CRAFT IT**

build your own sandwich or wrap || $8.99

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**Breads** [choose 1]
- White [220 cal]
- Wheat [100 cal]
- Multigrain [300 cal]
- Ciabatta [260 cal]
- Croissant [400 cal]
  
*Gluten Friendly* Whole Grain [260 cal]

**Wraps**
- Spinach [150 cal]
- Garlic Pesto [150 cal]
- Whole Wheat [160 cal]
- Flour [160 cal]

**Spreads** [choose up to 2]
- Mayo [100 cal]
- Mustard [15 cal]
- Spicy Brown Mustard [20 cal]
- Honey Mustard [80 cal]
- Ranch [50 cal]
- Red Pepper Hummus [35 cal]
- Chipotle Mayo [105 cal]

**Proteins** [choose 1]
- Oven Roasted Turkey [75 cal]
- Smoked Ham [140 cal]
- Capicola Ham [90 cal]
- Genoa Salami [330 cal]
- Grilled Chicken [140 cal]

**Deli Salads**
- Egg Salad [240 cal]
- Chicken Salad [380 cal]
- Tuna Salad [290 cal]

**Cheeses** [choose 1]
- Cheddar [220 cal]
- American [220 cal]
- Provolone [200 cal]

**Toppings** [choose up to 3]
- Leaf Lettuce [0 cal]
- Baby Spinach [5 cal]
- Tomato [5 cal]
- Red Onion [5 cal]
- Dill Pickles [0 cal]
- Banana Peppers [15 cal]
- Roasted Peppers [20 cal]

**Plant Based**
- Roasted Balsamic Veggies [90 cal]

**Add-Ons**
- Extra Protein $2.00 [90 - 380 cal]
- Bacon $2.00 [160 cal]
**Brewed Coffee**

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<thead>
<tr>
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<th>TALL</th>
<th>GRANDE</th>
<th>VENTI</th>
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<tbody>
<tr>
<td>BREWED COFFEE</td>
<td>$2.65 [5 cal]</td>
<td>$2.95 [5 cal]</td>
<td>$3.25 [5 cal]</td>
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<tr>
<td>regular or decaf</td>
<td></td>
<td></td>
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<tr>
<td>ICED COFFEE</td>
<td>$3.75 [60 cal]</td>
<td>$3.95 [80 cal]</td>
<td>$4.55 [130 cal]</td>
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**Customize It**

<table>
<thead>
<tr>
<th>FLAVOR</th>
<th>$0.90 per pump [20 - 90 cal]</th>
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<tbody>
<tr>
<td>regular or sugar-free</td>
<td></td>
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<tr>
<td>NON-DAIRY</td>
<td>$0.90 [30 - 110 cal]</td>
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## Teavana Tea

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<tbody>
<tr>
<td><strong>SHAKEN ICED TEA</strong></td>
<td>$2.95 [60 cal]</td>
<td>$3.65 [80 cal]</td>
<td>$3.75 [120 cal]</td>
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<tr>
<td>iced black tea, iced passion tango tea, iced green tea</td>
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<tr>
<td><strong>CHAI LATTE</strong></td>
<td>$4.75 [160 cal]</td>
<td>$4.95 [210 cal]</td>
<td>$5.25 [260 cal]</td>
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<tr>
<td><strong>HOT BREWED TEA</strong></td>
<td>$2.95 [0 cal]</td>
<td>$3.65 [0 cal]</td>
<td>$3.75 [0 cal]</td>
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<tr>
<td>radiant green, english breakfast, modern earl grey, chamomile blush, harmonic mint, jasmine citrus, ginger peach, classic chai, hibiscus spice</td>
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## Starbucks Refreshers

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<tr>
<td><strong>STRAWBERRY ACAI</strong></td>
<td>$4.75 [70 cal]</td>
<td>$4.95 [90 cal]</td>
<td>$5.25 [180 cal]</td>
</tr>
<tr>
<td><strong>MANGO DRAGONFRUIT</strong></td>
<td>$4.75 [70 cal]</td>
<td>$4.95 [90 cal]</td>
<td>$5.25 [180 cal]</td>
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<tr>
<td><strong>PINEAPPLE</strong></td>
<td>$4.75 [70 cal]</td>
<td>$4.95 [90 cal]</td>
<td>$5.25 [180 cal]</td>
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<tr>
<td>iced beverages [contain caffeine]</td>
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