

# Sandwiches

**Harpur College** \$6.49 | 730 cal

*grilled chicken, mozzarella, lettuce, tomato, pesto mayo, balsamic, focaccia.*

*Contains wheat, milk, soy, eggs, may contain tree nuts.*

**The DiMaggio** \$6.99 | 750 cal

*prosciutto, mozzarella, arugula, pesto mayo, ciabatta.*

*Contains wheat, milk, soy, eggs, may contain tree nuts.*

**Rock Street** \$6.99 | 830 cal

*cracked peppermill turkey, bacon, pepper jack, avocado, lettuce, tomato, Pepperhouse Gourmaise, ciabatta.*

*Contains wheat, milk, soy, eggs, may contain tree nuts.*

**North Country** \$6.39 | 700 cal

*buffalo chicken, bleu cheese, buffalo sauce, lettuce, tomato, mayo, spinach tortilla wrap.*

*Contains wheat, milk, egg, soy.*

**Triple City** \$6.99 | 760 cal

*cappy ham, genoa salami, pepperoni, provolone, lettuce, tomato, onion, deli dressing, ciabatta.*

*Contains wheat, milk, may contain tree nuts.*

**Upstater**  \$5.99 | 340-1,005 cal

*Vegetarian Build-Your-Own:  
choose from all vegetables and sauces, including grilled eggplant and avocado.*



*Allergens will vary.*

**extra bacon** \$1.59 | 50 cal

**extra meat** \$2.49 | 90-390 cal

**extra cheese**  \$0.69 | 100-210 cal

**add avocado**  \$1.99 | 120 cal

 = vegetarian  = vegan

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



# Build-Your-Own Salad

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without protein \$5.49 | 70-980 cal  
with protein \$6.99 | 230-1,140 cal

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**Step 1** Pick Your Greens

**Step 2** Choose Your Toppings

**Step 3** Add Protein

**Step 4** Pick Your Dressing

*extra protein, add \$1.99 | 160 cal*  
*extra toppings, add \$0.99 | 20-720 cal*

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**FARMER'S FIELD**



## Sides & Snacks

**Classic Potato Salad**  \$1.79 | 650 cal

*Contains egg, wheat.*

**Classic Pasta Salad**  \$1.79 | 390 cal

*Contains wheat, milk.*

**Quinoa Salad**  \$1.79 | 280 cal

*quinoa, corn, tomatoes, chipotle pepper, avocado, cilantro, lime juice, green onions.*

**Yogurt Parfait** \$3.99 | 260-270 cal  
*strawberry or blueberry*



**Pretzels & Hummus** \$2.59 | 370 cal

**Fresh Fruit Cup** \$3.99 | 60 cal

**Chips** \$1.39  
*assorted flavors*

**Mini NY Cheesecakes** \$3.99

*assorted flavors*

 = vegetarian  = vegan

## Beverages

Soda \$1.99

SmartWater \$2.99

Vitamin Water \$2.29

Minute Maid Orange Juice \$1.99

## Soups of the Day

<i>cup</i>	<i>bowl</i>
\$2.99	\$3.99

**Make it a Combo!**

*add a soup to your sandwich today*

*cup \$1.79 | bowl \$2.49*

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