

ENERGY IN A BOWL

HOT OATMEAL



DUOZ

Create your own dynamic duo!

SOME LIKE IT HOTTER!

Add a 16 oz. brewed
Aspetto coffee to any flat
or sandwich for only

\$1.99 | 250-670 cal

BREAKFAST SANDWICHES

\$3.99

Egg & Cheese | 280-620 cal

\$4.59

with Sausage, Bacon or Ham | 465-655 cal

Your choice:

Flatbread or Bagel | Whole Egg or Egg White

HOT STUFF

\$1.99 | 214 cal

**Hot Oatmeal
with Dried Fruit,
Brown Sugar & Nuts**

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

FARM RAISED.
ZIME APPROVED.

FRESH MADE-FOR-YOU SALADS



DUOZ

Create your own dynamic duo!
Includes fruit, bread or chips.

½ Sandwich & Small Soup
\$6.89 | 175-480 cal

Small Soup & Side Salad
\$6.29 | 125-405 cal

FLATS

\$5.79

Flatbread Pizza

510-610 cal

Cheese, Pepperoni or Vegetarian

Ham & Brie | 610 cal

Chicken Caesar | 430 cal

SANDWICHES

Spicy Italian on Ciabatta

\$5.89 | 340 cal

Turkey & Cheddar on Baguette

\$5.79 | 250 cal

SALADS

Chicken Caesar

\$5.59 | 520 cal

Caesar

\$4.89 | 450 cal

Southwest Chicken

\$5.59 | 450 cal

HOT STUFF

... SOUP ...

Small \$4.99 | 50-310 cal

Large \$6.39 | 80-620 cal

Choice of: fruit, bread or chips with any *flat, sandwich or salad*. **75-213 cal**

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CHILL OUT!

NUMI ORGANIC ICED TEA



DUOZ

Create your own dynamic duo!
THERE'S A COOKIE CALLING YOUR NAME.

Add a cookie to any
hot beverage for only
\$0.69 | 155-835 cal

SMOOTHIES
280-670 cal

Mixed Berry, Banana,
Mango or Peach
\$4.79

**ASPRETTO
COFFEE**
0-50 cal

Small – 12 oz.
\$2.39

Medium – 16 oz.
\$2.49

Large – 20 oz.
\$2.59

Cappuccino
90-240 cal

Latte *(Hot or Iced)*
90-240 cal

Caramel Latte
300-660 cal

Chai Latte
225 cal

Café Mocha *(Hot or Iced)*
200-420

SPECIALTY COFFEE 16 oz.

\$3.79

\$3.79

\$4.29

\$3.99

\$4.29

Hot Chocolate
230-580 cal
\$3.39

Add A Flavor Shot
35-100 cal
\$0.89

Espresso

Single
\$2.19 | 5 cal

Double
\$2.59 | 15 cal

**NUMI
ORGANIC TEAS**
0 cal

Green Citrus
Berry Treasure
High Mountain Black

Hot
\$1.89

Iced
\$2.19

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