ENERGY IN A BOWL
HOT OATMEAL

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

DUOZ
Create your own dynamic duo!
SOME LIKE IT HOTTER!
Add a 16 oz. brewed Asprettto coffee to any flat or sandwich for only
$1.99 | 250-670 cal

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

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

16 oz.

- **Cappuccino**
  - 90-240 cal
  - $3.79

- **Latte** (Hot or Iced)
  - 90-240 cal
  - $3.79

- **Caramel Latte**
  - 300-660 cal
  - $4.29

- **Chai Latte**
  - 225 cal
  - $3.99

- **Café Mocha** (Hot or Iced)
  - 200-420 cal
  - $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

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**COFFEE**

0-50 cal

- **Asprettto**
  - Small – 12 oz.
    - $2.39
  - Medium – 16 oz.
    - $2.49
  - Large – 20 oz.
    - $2.59

**SMOOTHIES**

280-670 cal

- Mixed Berry, Banana, Mango or Peach
  - $4.79

**NUMI ORGANIC TEAS**

0 cal

- **Green Citrus Berry Treasure**
  - 0 cal

- **High Mountain Black**
  - Hot $1.89
  - Iced $2.19

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