Create your own dynamic duo!

Add a 16 oz. aspretto coffee to any sandwich for only $1.59

snacks

$3.99
served with fresh fruit & side sauce

breakfast empanada 370 - 400 cal
chorizo, egg & potato | black bean, egg & cheese

bowls

hot oatmeal $3.29 | 90 cal
with choice of toppings (0-120 cal)

greek yogurt bowl $3.99 | 60 cal
with choice of toppings (0-120 cal)

daily features

$5.99

MONDAY SPECIAL
greek breakfast bowl 350 cal

sandwiches

$4.99

sriracha bacon, egg & cheddar 680 cal
on ciabatta or naan

bacon, ham or sausage 480 cal
with american cheese

southwest egg rancheros 280 cal
with salsa, refried beans, egg & cheddar on naan

turkey bacon, egg white & baby spinach 240 cal
on whole grain flatbread

2000 calories a day is used for a general nutrition advice but calorie needs vary. Additional nutrition information available upon request.
Create your own dynamic duo!
Add a 16 oz. aspretto coffee to any sandwich for only $1.59

<table>
<thead>
<tr>
<th>snacks</th>
<th>$3.99</th>
<th>served with fresh fruit &amp; side sauce</th>
</tr>
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<tbody>
<tr>
<td>breakfast empanada</td>
<td>370 - 400 cal</td>
<td>chorizo, egg &amp; potato</td>
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</tbody>
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<table>
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<th></th>
</tr>
</thead>
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<td>$3.99</td>
<td>60 cal</td>
</tr>
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<th>$4.99</th>
<th></th>
</tr>
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<tr>
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<td>480 cal</td>
<td>with american cheese</td>
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<tr>
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<td>280 cal</td>
<td>with salsa, refried beans, egg &amp; cheddar on naan</td>
</tr>
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<td>turkey bacon, egg white &amp; baby spinach</td>
<td>240 cal</td>
<td>on whole grain flatbread</td>
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Create your own dynamic duo!

Add a 16 oz. aspretto coffee to any sandwich for only $1.59

snacks

$3.99
served with fresh fruit & side sauce

breakfast empanada
chorizo, egg & potato | black bean, egg & cheese

bowl

hot oatmeal
$3.29 | 90 cal
with choice of toppings (0-120 cal)

greek yogurt bowl
$3.99 | 60 cal
with choice of toppings (0-120 cal)

daily features

$5.99

WEDNESDAY SPECIAL

créme brulee French toast
breakfast bowl
490 cal

sandwiches

$4.99

sriracha bacon, egg & cheddar
on ciabatta or naan
680 cal

bacon, ham or sausage
with american cheese
480 cal

southwest egg rancheros
with salsa, refried beans, egg & cheddar on naan
280 cal

turkey bacon, egg white & baby spinach
on whole grain flatbread
240 cal

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Create your own dynamic duo!

Add a 16 oz. aspretto coffee to any sandwich for only $1.59

**Snacks**

- $3.99
  - served with fresh fruit & side sauce

**Bowls**

- hot oatmeal
  - $3.29
  - 90 cal
  - with choice of toppings (0-120 cal)

- greek yogurt bowl
  - $3.99
  - 60 cal
  - with choice of toppings (0-120 cal)

**Sandwiches**

- $4.99
  - served with fresh fruit & side sauce

- turkey bacon, egg white & baby spinach
  - 240 cal
  - on whole grain flatbread

- southwest egg rancheros
  - 280 cal
  - with salsa, refried beans, egg & cheddar on naan

- bacon, ham or sausage
  - 480 cal
  - with american cheese

- sriracha bacon, egg & cheddar
  - 680 cal
  - on ciabatta or naan

**Daily Features**

- THURSDAY SPECIAL
  - huevos rancheros
  - breakfast bowl
  - 410 cal

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Create your own dynamic duo!

Add a 16 oz. aspretto coffee to any sandwich for only $1.59

**snacks**

$3.99

served with fresh fruit & side sauce

breakfast empanada 370 - 400 cal

*chorizo, egg & potato | black bean, egg & cheese*

**bottles**

hot oatmeal $3.29|90 cal

*with choice of toppings (0-120 cal)*

greek yogurt bowl $3.99|60 cal

*with choice of toppings (0-120 cal)*

**daily features**

$5.99

**FRIDAY SPECIAL**

steak & eggs breakfast bowl 460 cal

**sandwiches**

$4.99

**sriracha bacon, egg & cheddar**

680 cal

*on ciabatta or naan*

**bacon, ham or sausage**

480 cal

*with american cheese*

**southwest egg rancheros**

280 cal

*with salsa, refried beans, egg & cheddar on naan*

**turkey bacon, egg white & baby spinach**

240 cal

*on whole grain flatbread*

---

2000 calories a day is used for a general nutrition advice but calorie needs vary. Additional nutrition information available upon request.
### Snacks
- $3.99
- Served with pickled red onions & chipotle mayo

### Sandwiches
- $5.99
- Chicken Caesar: 430 cal
- Classic 4 Cheese: 720 cal
- Muffaletta with provolone: 690 cal
- Turkey Bacon Club: 480 cal

### Salads
- $5.99
- Chicken Caesar: 410 cal
- Spring Garden Salad: 250 cal
- Chicken BLT Salad: 560 cal
- Greek Salad: 150 cal
- Antipasto Entrée Salad: 420 cal

### Pasta Plates
- $5.99
- Mac & cheese: 540 cal

### The Daily Plate
- $6.99
- **MONDAY SPECIAL**: Homemade falafel bowl with rice: 390 cal

### Create your own dynamic duo!

<table>
<thead>
<tr>
<th>Item</th>
<th>Calorie Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ sandwich &amp; sm. soup</td>
<td>$7.29</td>
</tr>
<tr>
<td>½ sandwich &amp; sm. salad</td>
<td>$6.99</td>
</tr>
<tr>
<td>Sm. soup &amp; sm. salad</td>
<td>$6.29</td>
</tr>
</tbody>
</table>

Includes fruit, bread or chips

### Soup
- $3.29
- 8 oz. cup: 160 cal
- $4.29
- 12 oz. bowl: 220 cal

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## TUESDAY SPECIAL

**THAI CURRY CHICKEN & RICE BOWL**

- **Price:** $4.60
- **Calories:** 460 cal

**CREATE YOUR OWN DYNAMIC DUO!**

<table>
<thead>
<tr>
<th>Option</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ sandwich &amp; sm. soup</td>
<td>$7.29</td>
<td>425 cal</td>
</tr>
<tr>
<td>½ sandwich &amp; sm. salad</td>
<td>$6.99</td>
<td>450 cal</td>
</tr>
<tr>
<td>sm. soup &amp; sm. salad</td>
<td>$6.29</td>
<td>375 cal</td>
</tr>
</tbody>
</table>

Includes fruit, bread or chips

## DAILY

**MAC & CHEESE**

- **Price:** $5.99
- **Calories:** 540 cal

**DAILY SALADS**

- **Prices:**
  - Spring Garden Salad: $5.99
  - Chicken Caesar: $6.99
  - Turkey Bacon Club: $5.99
  - Antipasto Entrée Salad: $6.99

**DAILY SOUPS**

- **Prices:**
  - 8 oz. cup: $3.29 | 160 cal
  - 12 oz. bowl: $4.29 | 220 cal

---

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---

**SNACKS**

- **Empanada [1]**
  - Price: $3.99
  - Calories: 450 - 480 cal
  - Spiced beef | corn | roasted poblano

- **Vegetable Samosas [3]**
  - Price: $5.99
  - Calories: 110 cal

**SANDWICHES**

- **Prices:**
  - Chicken Caesar: $5.99 | 430 cal
  - Classic 4 Cheese: $7.29 | 720 cal
  - Muffaletta with Provolone: $6.99 | 690 cal
  - Turkey Bacon Club: $6.99 | 480 cal

**THE DAILY PLATE**

- **Price:** $6.99
- **Thai Curry Chicken & Rice Bowl**
  - Calories: 460 cal

**THE DAILY MAC & CHEESE**

- **Prices:**
  - 8 oz. cup: $3.29 | 160 cal
  - 12 oz. bowl: $4.29 | 220 cal
**WEDNESDAY SPECIAL**

<table>
<thead>
<tr>
<th>Snacks</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>$3.99</td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>served with pickled red onions &amp; chipotle mayo</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Empanada [1]</td>
<td>$5.99</td>
<td>450 - 480 cal</td>
</tr>
<tr>
<td>Spiced beef</td>
<td>Corn &amp; roasted poblano</td>
<td></td>
</tr>
</tbody>
</table>

**The Daily Plate**

<table>
<thead>
<tr>
<th>WEDNESDAY SPECIAL</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Braised pork bowl with rice</td>
<td>$6.99</td>
<td>410 cal</td>
</tr>
</tbody>
</table>

**Pasta Plates**

<table>
<thead>
<tr>
<th>Daily</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mac &amp; cheese</td>
<td>$5.99</td>
<td>540 cal</td>
</tr>
</tbody>
</table>

**Create your own dynamic duo!**

<table>
<thead>
<tr>
<th>Combination</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ sandwich &amp; sm. soup</td>
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<td>Sm. soup &amp; sm. salad</td>
<td>$6.29</td>
<td>375 cal</td>
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**Sandwiches**

<table>
<thead>
<tr>
<th>Sandwich</th>
<th>Price</th>
<th>Calories</th>
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</thead>
<tbody>
<tr>
<td>Chicken Caesar</td>
<td>$5.99</td>
<td>430 cal</td>
</tr>
<tr>
<td>Classic 4 Cheese</td>
<td>$5.99</td>
<td>720 cal</td>
</tr>
<tr>
<td>Muffaletta with provolone</td>
<td>$5.99</td>
<td>690 cal</td>
</tr>
<tr>
<td>Turkey Bacon Club</td>
<td>$5.99</td>
<td>480 cal</td>
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**Salads**

<table>
<thead>
<tr>
<th>Salad</th>
<th>Price</th>
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<tbody>
<tr>
<td>Chicken Caesar</td>
<td>$5.99</td>
<td>410 cal</td>
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<tr>
<td>Spring Garden Salad</td>
<td>$5.99</td>
<td>250 cal</td>
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<tr>
<td>Chicken BLT Salad</td>
<td>$5.99</td>
<td>560 cal</td>
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<tr>
<td>Greek Salad</td>
<td>$5.99</td>
<td>150 cal</td>
</tr>
<tr>
<td>Antipasto Entrée Salad</td>
<td>$5.99</td>
<td>420 cal</td>
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**Soup**

<table>
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<tr>
<th>Serving Size</th>
<th>Price</th>
<th>Calories</th>
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<tbody>
<tr>
<td>8 oz. cup</td>
<td>$3.29</td>
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THURSDAY SPECIAL

**carne asada bowl with rice**

376 cal

Create your own dynamic duo!

½ sandwich & sm. soup $7.29 | 425 cal
½ sandwich & sm. salad $6.99 | 450 cal
sm. soup & sm. salad $6.29 | 375 cal

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### Snacks

- **Empanada [1]**
  - Served with pickled red onions & chipotle mayo
  - Spiced beef | corn & roasted poblano
  - 450 - 480 cal

- **Vegetable Samosas [3]**
  - 110 cal

### Sandwiches

- **Chicken Caesar**
  - 430 cal

- **Classic 4 Cheese**
  - 720 cal

- **Muffaletta with Provolone**
  - 690 cal

- **Turkey Bacon Club**
  - 480 cal

### The Daily Plate

- **Japanese Shrimp & Rice Bowl**
  - 450 cal
  - **FRIDAY SPECIAL**

### Pasta Plates

- Mac & Cheese
  - 540 cal
  - **DAILY**

### Create Your Own Dynamic Duo!

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Includes fruit, bread or chips

### Salads

- **Chicken Caesar**
  - 410 cal

- **Spring Garden Salad**
  - 250 cal

- **Chicken BLT Salad**
  - 560 cal

- **Greek Salad**
  - 150 cal

- **Antipasto Entrée Salad**
  - 420 cal

### Soups

- **8 oz. Cup**
  - 160 cal
  - $3.29

- **12 oz. Bowl**
  - 220 cal
  - $4.29

---

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specialty coffee

16 oz. | $3.79

cappuccino 90 cal
latte [hot or iced] 160 cal
caramel latte 350 cal
chai tea latte 225 cal
mocha [hot or iced] 510 cal
hot chocolate 660 cal
add flavor or shot $0.79 | 75 cal

espresso

single $2.19 | 0-5 cal
double $2.59 | 0-10 cal

aspresso

small [12 oz.] $1.69 | 0-50 cal
medium [16 oz.] $1.89 | 0-50 cal
large [20 oz.] $2.09 | 0-50 cal

smoothies

12 oz. | $3.69 16 oz. | $4.69

wild berry mango 260 cal 350 cal
banana 270 cal 350 cal

Create your own dynamic duo!
Add a cookie (370 cal) to any hot beverage for only $0.69

numi organic teas

hot or iced

green citrus | berry treasure
high mountain black
Small [12 oz.] $1.89
Medium [16 oz.] $1.99
Large [20 oz.] $2.09

add fruit

mango, mixed berry or peach

$1.09 | 120 cal

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