

Breakfast

Yogurt Assorted Flavors	\$1.75
Egg & Cheese Sandwich On a bagel or English muffin With bacon or ham	\$3.25 \$3.75
English Muffin or Toast With topping	\$1.00 \$1.25
Oatmeal	\$2.00
Bagel Light cream cheese, jelly Peanut Butter	\$1.75 \$2.25
Fruit Salad Fresh cut fruit	\$4.00
Granola With milk	\$3.50
Low-Fat Muffin 2 varieties baked daily	\$1.50
Soy Bar	\$3.50
Yogurt Parfait	\$3.75

Beverages

Hot Coffee	Small \$1.50	Med \$1.75	Large \$2.00
Hot Tea	\$1.75		
Bottled Water	\$1.50		
Vitamin Water	\$1.95		
Gatorade	\$1.95		
Red Bull	\$2.95		
180	\$2.95		
Verve	\$4.25		
Vemma	\$3.25		
2%, Skim, Chocolate Milk 8 oz. carton	\$1.25		
Nantucket Nectars	Small \$1.75	Large \$2.00	
Arizona Iced Teas	\$1.95		
V-8 Juice	\$1.95		
Juice Boxes	\$1.00		
Assorted Soda	\$1.50		
Wild Waters	\$1.25		

Fresh Soups

Our Chili, Chowders & Stews					
Small (8oz)	\$3.50	Medium (12oz)	\$4.50	Large (16oz)	\$5.50
Our Veggie Soups					
Small (8oz)	\$3.00	Medium (12oz)	\$4.00	Large (16oz)	\$5.00
Half Sandwich or Wrap with small soup or side salad..... \$6.95					
<i>Your choice of dressings: Ranch, Blue Cheese, Greek, Parmesan Peppercorn, Lite Italian and Fat Free Caesar</i>					

Garden Fresh Salads

Grilled Chicken Salad <i>Mixed greens with grilled chicken and vegetables</i>	\$6.95
Chef Salad <i>Mixed greens with ham, turkey, Swiss cheese and hard boiled eggs</i>	\$6.95
Garden Salad	Small \$4.50 Large \$5.75
Greek Salad	Small \$4.75 Large \$5.95

Sandwiches & Wraps

Includes a side of celery sticks, pasta salad or chips and deli pickle
Now Serving Thin n' Trim Meats

Baked Chicken	\$6.95	Ham	\$6.95
Turkey	\$6.95	Roast Beef	\$6.95
Tuna Salad	\$6.95	Egg Salad	\$5.95
Vegetarian (Hummus & Veggies)	\$5.95		
Half Sandwich or Half Wrap	\$4.50		
Add Cheese (American, Cheddar, Feta, Provolone, Swiss)	\$0.50		
<i>Bread Selection: Wheat, Panini, White, Rye, Multi-grain, Ciabatta</i>			
<i>Wrap Selection: Spinach, Wheat, Plain</i>			

Kids Meals

Grilled Cheese	\$3.00
Add tomato	\$0.50
Ham & Cheese	\$3.75
Tuna	\$3.75
Turkey	\$3.75
Hot Dog	\$3.00
Peanut Butter & Jelly	\$2.95
Chicken Fingers with fresh veggies & ranch dip	\$5.00
Pizza	
Cheese	\$2.25
With one topping	\$2.50