



Specialty Salads

"Our Salads are made with the freshest ingredients and tossed to order with the dressing of your choice."

Served with our Signature Cornbread, Baguette or Lahvosh

Caesar Salad	6.25
♥ Chopped Salad	6.25
♥ Mixed Green Salad	6.25
♥ Greek Salad	6.25

Grilled Chicken Caesar Salad	7.25
♥ Grilled Chicken Chopped Salad	7.25
BBQ Chicken Chopped Salad	7.25
Chinese Chicken Salad	7.25
♥ Spicy Grilled Chicken Salad	7.25
♥ Chicken Tostada Salad	7.25
♥ Grilled Chicken Greek Salad	7.25

Seasonal Fresh Fruit Salad and Assorted Pasta Salads

Small	3.00	Regular	4.00	Large	6.25
(Large served with Choice of Bread)					
♥ Can be prepared with lower fat dressing upon request					

Nearly No Fat Salads

Served with Our Signature Cornbread, Baguette or Lahvosh

♥ Hi Protein Salad	7.75
Freshly Roasted Chicken Breast, Romaine, Mixed Baby Greens, Black Beans, Garbanzo Beans, Kidney Beans and Tomatoes with Non Fat Raspberry Pear Vinaigrette Dressing	
♥ Grilled Vegetable Salad	7.75
Freshly Roasted Chicken Breast, Grilled Eggplant, Zucchini, Carrots, Peppers and Tomatoes, served on Romaine and Mixed Baby Greens with Low Fat Ranch or Non Fat Italian Dressing	
♥ Fire Roasted Chicken Salad	7.75
Freshly Roasted Chicken Breast, Artichoke Hearts, Roasted Peppers, Red Onions, Cucumbers, Bean Sprouts, served on Romaine and Mixed Baby Greens with Our Non Fat Sun-dried Tomato Vinaigrette Dressing	

Wraps

Served on Lahvosh, garnished with Choice of Potato Chips or Pasta Primavera (Substitute Fresh Fruit Salad add 1.00)

Chicken Caesar	7.25
Grilled Chicken Breast, Chopped Romaine, Tomato, Parmesan Cheese, Signature Caesar Dressing	
♥ California Turkey	7.25
Roasted Turkey, Chopped Romaine, Tomato, Avocado, Red Onions, Mixed Peppers, Ranch Dressing	
♥ Spicy Chicken	7.25
Spicy Roasted Chicken Breast, Chopped Romaine, Tomato, Roasted Peppers, Spicy Ranch Dressing	
BBQ Chicken	7.25
BBQ Chicken, Chopped Romaine, Tomato, Jicama, Green Onions, Corn, Black Beans, Mozzarella, Ranch Dressing	
Chinese Chicken	7.25
Grilled Chicken Breast, Chopped Romaine, Toasted Almonds, Bean Sprouts, Water Chestnuts, Crisp Noodles, Green Onions, Sesame Ginger Dressing	
♥ Tuna Salad	7.25
with Chopped Romaine, Tomato, Ranch Dressing	
♥ Vegetarian	7.25
Grilled Eggplant, Zucchini, Peppers, Red Onions, Chopped Romaine, Tomato, Hummus	

Flatbread Sandwiches

Served on Grilled Flatbread, garnished with Choice of Potato Chips or Pasta Primavera (Substitute Fresh Fruit Salad add 1.00)

Freshly Roasted Turkey Breast	6.50
w/Spinach, Sliced Apple, Red Onion, Tomato & Sun-dried Tomato Mayo	
Tuna Salad (3 oz. Scoop)	6.50
w/Lettuce, Red Onion, Avocado, Cucumber	
BBQ Chicken Breast	6.50
w/Lettuce, Tomato, Red Onion, Mozzarella & BBQ Sauce	
♥ Vegetarian	6.50
Grilled Eggplant, Zucchini, Peppers, Tomato, Lettuce, Red Onion, Hummus	

Soups

	Cup	Bowl
Soup of the Day	2.75	3.95

Panini (Grilled Sandwiches)

Served on Freshly Grilled Ciabatta, garnished with Choice of Potato Chips or Pasta Primavera (Substitute Fresh Fruit Salad add 1.00)

Freshly Roasted Turkey Breast	7.50
with Roasted Peppers, Tomato, Romaine, Pesto Mayo	
Grilled Chicken Caesar	7.50
with Tomato, Romaine, Parmesan, Caesar Dressing	
Grilled Chicken Breast	7.50
with Tomato, Romaine, Mozzarella, Pesto Mayo	
Freshly Baked Ham & Swiss	7.50
with Tomato, Romaine, Pesto Mayo	
BLTA (Bacon, Lettuce, Tomato, Avocado)	7.50
with Tomato, Romaine, Pesto Mayo	
♥ Vegetarian	7.50
Grilled Eggplant, Zucchini and Peppers, Tomato, Romaine or Mixed Baby Greens, Pesto Mayo	

Sandwiches

Served on Wheat, Sourdough or Rye with Lettuce, Tomato & Mayonnaise (Regular of Low Fat) with Choice of Potato Chips or Pasta Primavera (Substitute Fresh Fruit Salad add 1.00)

Cheddar or Swiss Cheese add .50

Freshly Roasted Turkey Breast	6.50
BLTA (Bacon, Lettuce, Tomato, Avocado)	6.50
Freshly Baked Ham & Swiss Cheese	6.50
Classic Chicken Salad (w/Golden Raisins & Almonds)	6.50
Classic Tuna Salad	6.50
♥ Vegetarian	6.50
Avocado, Red Onion, Cucumber, Cheddar or Swiss Cheese	

Combinations

Half Sandwich & One Side	6.50
Half Panini & One Side	7.50
Cup of Soup & One Side w/Choice of Bread	6.50
Choice of One Side:	
Caesar Salad, Chopped Salad, Mixed Green Salad, Greek Salad, Pasta Salad or Fresh Fruit Salad	

Sampler Platter, Choice of Three:	7.95
Caesar Salad, Chopped Salad, Mixed Green Salad, Pasta Salad, Fresh Fruit Salad, Cup of Soup, Chicken or Tuna Salad w/Choice of Bread	

Beverages

Coffee	1.50 / 2.00	Bottled Juices	2.25
Hot Tea	1.50	Snapples	2.25
Iced Tea	1.50 / 1.95	Mineral Water	1.95
Sodas	1.50 / 1.95	Bottled Water	1.50
Milk	1.25		

Breakfast (Served 5:30 am - 10:30 am)

SPECIALTIES

Served with Choice of Cottage Cheese, Tomatoes or Country Style Potatoes (Substitute Fresh Fruit Salad add 1.00)

Breakfast Burrito	5.75
Two Scrambled Eggs, Bacon, Avocado, Salsa, Cheddar Cheese	

Breakfast Panini	5.75
Two Eggs with Choice of Bacon or Ham, Cheddar Cheese on Wheat, Ciabatta, Sourdough or Bagel	

CEREALS & MORE

Oatmeal w/ Brown Sugar & Raisins	2.95
Cold Cereals	2.50
Granola	3.50
French Toast w/Butter & Syrup	3.95
Pancakes w/ Butter & Syrup	3.95

* With Banana or Strawberries add 1.00

BAKED GOODS

Assorted Cookies	1.75
Brownies	1.75
Muffins	2.00
Scones & Danish	2.00

EGGS & OMELETTES

Served with Choice of Cottage Cheese, Tomatoes or Country Style Potatoes (Substitute Fresh Fruit Salad add 1.00)

Extra Egg add .75 Egg Whites Only add 1.00

Two Eggs Any Style	6.25
with Choice of Bacon or Ham	

Cheese Omelette	6.25
Three Eggs with Cheddar Cheese	

Anything Omelette	7.75
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Three Eggs and Choose One or All Bacon, Ham, Mushrooms, Tomato, Spinach, Avocado, Green Onions, Cheddar Cheese

SIDE ORDERS

Toast or Bagel	1.75
Bagel & Cream Cheese	2.25
Bacon or Ham	2.45
Avocado	1.00
Cottage Cheese	.75
Salsa	.75
Fresh Fruit Cup	3.00
Whole Fruit	1.00
Apple, Orange or Banana	