## BREAKFAST (8:00AM – 10:00AM)

**Full Breakfast** $11.00
Scrambled Eggs, Hashbrowns, Sausage, Toast, Coffee and Orange Juice

**English Muffin Sandwich** $8.50
Two Fried Eggs, Bacon and Sliced Cheddar

**Breakfast Tacos** $10.00
Three tacos with scrambled eggs, bacon strips, avocado, salsa, shredded cheese and cilantro

*Option to make GF*

## SALADS (11:00AM – 6:00PM)

***Salad Dressings:*** Caesar, Ranch, Italian, Balsamic, Lemon Vinaigrette

**Chicken Caesar Salad** $13.50

**Cobb Salad** $13.50

**Mediterranean Salad Bowl** $12.50
Seasoned black beans, quinoa, sliced olives, tomatoes, cucumber and cottage cheese drizzled with balsamic reduction

## SOUP (11:00AM – 6:00PM)

Soup of the Day $6.75

## DESSERT (11:00AM – 6:00PM)

Red Velvet Brownie with Vanilla Ice Cream and Caramel Sauce $5.50

Vanilla Cheesecake with Berry Sauce $5.50

## PASTRIES (All Day)

| | |
|---|---|
| Almond Croissant | $3.50 |
| Apple Turnover | $3.00 |
| Butter Croissant | $3.00 |
| Muffin of the Day | $3.00 |
| Assorted Cookies | $2.50 |

V Vegetarian

Gluten Free

Vg Vegan

# MAIN COURSE

(11:00AM – 6:00PM)

**Chicken Caesar Wrap** $14.00
Served with Nachos and Salsa

**Smoked Salmon on a Bagel** $15.00
With Dill Capers, Cream Cheese, Julianne Red Onions and Arugula
Served with Salad Greens

**Veggie Quesadilla** V $13.00
Diced sweet potato, black bean, corn, taco seasoning with blend cheese

**Falafel Pita** V $14.00
With Tzatziki and Tahini sauce
Served with nachos and salsa

**Hoisin Beef Bowl** $15.00
Hoisin ground beef, with rice, veggie spring rolls, Julianne carrots, avocado and sesame seeds

**Chicken Curry in a Roti Shell** $15.00
With green salad or over basmati rice, and naan bread

**Chicken Protein Bowl** $15.00
Avocado, Roasted Chicken, Diced Sweet Potatoes, Cottage Cheese and Rice Drizzled with Chipotle Aioli

**Stuffed Portobello with Green Salad** V Vg $14.50
Sun-dried Tomato, Spinach and Romesco Sauce

**Creamy Pesto Mac and Cheese** $14.50

**Pizza of the Day** $5.25

# DRINKS

(ALL DAY)

## COLD

| | |
|---|---|
| Coca-Cola Beverages | $2.85 |
| Canned Soft Drinks | $2.35 |
| Monster Energy Drinks | $4.35 |
| FUZE Iced Tea | $3.35 |
| Peace Tea | $3.10 |
| Minute Maid Juice | $3.25 |
| Vitamin Water | $4.10 |
| POWERADE | $3.85 |
| DASANI Water | $2.85 |
| AHA Sparkling Water | $2.85 |
| Smart Water | $3.25 |
| Milk/Chocolate Milk | $2.00 |
| Iced Coffee | $4.50 |
| Core Power Protein | $6.00 |

## HOT

| | |
|---|---|
| Cappuccino | $4.00 |
| Latte | $4.00 |
| Flat Whites | $4.00 |
| Americano | $4.00 |
| Chai | $4.50 |
| Tea | $2.50 |
| Coffee | |
| Small | $1.85 |
| Medium | $2.10 |
| Large | $2.40 |

## ALCOHOL

| | |
|---|---|
| Canned Beer | $6.00 |
| Red/White Wine | $6.00 |