



Bagel	1.99
Bagel with Cream Cheese Spread 1.75 oz	3.69
Bagel Pack: 13 Bagels with 2 tubs of Cream Cheese Spread	18.99
Dozen & A Half: 18 Bagels	17.99
Half Dozen: 6 Bagels	9.29
Baker's Dozen: 13 Bagels	13.99
Bagel Tuesdays	9.99
1 tub of Cream Cheese Spread 8 oz	3.69
2 tubs of Cream Cheese Spread 8 oz/ea.	6.39

Plain Cream Cheese Spread 180 Cal/1.75 oz container 110 Cal/1 oz serving, serves 8 per tub	Honey Walnut Cream Cheese Spread 140 Cal/1.75 oz container 80 Cal/1 oz serving, serves 8 per tub
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Breakfast available until 10:30 AM weekdays/11 AM weekends.

2,000 Calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutritional Information is available upon request.

ALLERGEN NOTICE: There may have been updates in our product ingredients. Many of our products contain or may come into contact with common allergens, including wheat, peanuts, soy, tree nuts, milk, eggs, fish, shellfish, and sesame. Before placing your order, please inform your server if a person in your party has a food allergy or intolerance so that a manager can, at your request, provide you a list of ingredients in your order.

CONTAINS PEANUTS AND/OR TREE NUTS **VEGETARIAN**



DRINKS

COLD DRINKS	REG 20 FL OZ	LG 30 FL OZ
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NEW & Limited Time

Strawberry Basil Lemonade Fresca 150/220 Cal	4.19	4.89
Pomegranate Hibiscus Tea 15/20 Cal	4.19	4.89
- Naturally Flavored Herbal Tea		
Blueberry Lavender Lemonade 250/380 Cal	4.19	4.89
- Naturally Flavored		
Citrus Punch 290/430 Cal - Naturally Flavored	4.19	4.89
Passion Papaya Iced Green Tea 140/220 Cal	3.29	3.69
- Naturally Flavored		
Agave Lemonade 210/320 Cal	3.29	3.69
Unsweetened Iced Tea 5/10 Cal	3.29	3.69
Iced Coffee 5/10 Cal	3.79	4.29
Soft Drinks 0–290 0–420 Cal	3.29	3.69

HOT COFFEE & TEA	REG 16 FL OZ	LG 20 FL OZ
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Hot Coffee 0–5 0–5 Cal	2.99	3.39
Hot Tea 0 Cal	2.99	

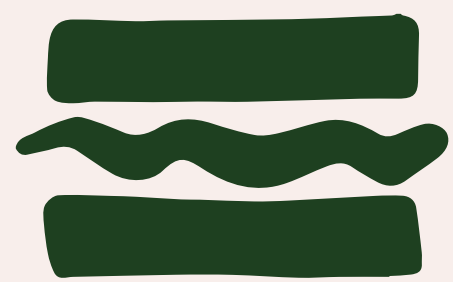


JOIN TODAY!

UNLIMITED SIP CLUB[®]

Get access to coffees, teas, and more for one low monthly price.*

*Restrictions Apply



COLD SANDWICHES

Choose a **FREE SIDE:** Baguette / Chips / Apple

	YOU PICK 2 [®]	WHOLE
Grilled Chicken & Avo BLT 450/900 Cal Grilled Chicken, Applewood Smoked Bacon, White Cheddar, Mixed Greens, Tomatoes, Avocado, Garlic Aioli Drizzle on Country Rustic Sourdough	7.59	12.49
Bacon Turkey Bravo[®] 420/840 Cal Oven Roasted Turkey, Applewood Smoked Bacon, White Cheddar, Mixed Greens, Tomatoes, Bravo Sauce Drizzle on Tomato Basil Miche	7.19	11.79
Tuna Salad 🐟 270/550 Cal	5.89	9.89
Turkey & Cheddar 390/790 Cal Oven Roasted Turkey, White Cheddar, Mixed Greens, Tomatoes, Red Onions, Mayo on Country Rustic Sourdough	5.89	9.79
Cranberry Walnut Chicken Salad 🥜🐟 320/640 Cal Chicken Salad made with Dried Cranberries and Walnuts, Mixed Greens, Tomatoes on Country Rustic Sourdough	5.39	8.99
Tomato Basil BLT 380/760 Cal	5.39	8.99
Mediterranean Veggie 🥬 250/490 Cal	4.99	7.59

Individual whole cold sandwiches served with a pickle 5 Cal

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CONTAINS PEANUTS AND/OR TREE NUTS



CONTAINS FISH



VEGETARIAN



DRINKS

ESPRESSO & CRAFT DRINKS

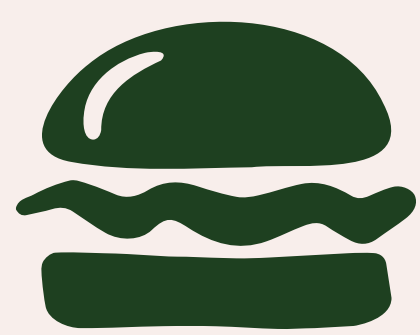
	16 FL OZ	20 FL OZ
Madagascar Vanilla Latte 250/300 Cal	4.99	5.49
Iced 280 Cal		4.99
Caramel Latte 320/400 Cal	4.99	5.49
Iced 350 Cal		4.99
Chai Tea Latte 230/280 Cal	4.99	5.49
Iced 230 Cal		4.99
Caffe Latte 130/160 Cal	4.59	4.99
Iced 160 Cal		4.59
Cappuccino 130/160 Cal	4.59	4.99
Americano 5 Cal	3.69	
Espresso (2 fl oz) 5 Cal	2.39	

MAKE IT YOURS!

Add a shot Espresso (1 fl oz) 5 Cal to any craft drink for .99. Skim Milk and Almondmilk 🥛 also available.

FROZEN DRINKS & SMOOTHIES

	16 FL OZ
IN SEASON! Frozen Strawberry Lemonade 140 Cal	4.29
Tropical Green Smoothie 200 Cal	6.39
Mango Smoothie with Greek Yogurt 300 Cal	6.39
Strawberry Banana Smoothie with Greek Yogurt 250 Cal	6.39
Strawberry Smoothie with Greek Yogurt 260 Cal	6.39



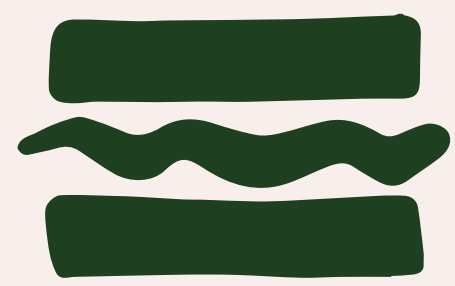
EGG SANDWICHES

Asiago Sausage & Egg 790 Cal	6.99
Bacon Double Take 510 Cal	6.99
Steak & Wake 470 Cal	6.99
Garden Avo & Egg White 🌱 340 Cal	6.79
Chipotle Chicken, Egg & Avo 550 Cal	6.79
NEW & Limited Time!	
Ham Croissant Benny 440 Cal	6.79
Bacon, Egg & Cheese 430 Cal	6.79
Sausage, Egg & Cheese 570 Cal	6.79
Ham, Egg & Cheese 410 Cal	6.79
Egg & Cheese 🌱 380 Cal	4.99



FEEL GOOD STARTS

NEW! Green Goddess Avo Toast 🌱 290 Cal	5.19
Classic Avo Toast 🌱 230 Cal	3.59
Steel Cut Oatmeal 🍯 🌱 370 Cal	5.99
with Strawberries, Pecans & Cinnamon Crunch Topping	
Greek Yogurt Parfait 🍯 🌱 250 Cal	5.79
with Mixed Berries	
Fruit Cup 🌱 60 Cal	3.99



HOT SANDWICHES

Choose a **FREE SIDE:** Baguette / Chips / Apple

	YOU PICK 2 [®]	WHOLE
NEW & Limited Time!		
Italian Steak & Mozz 470/950 Cal Marinated Steak, Melty Mozzarella, Tomato, Basil, Arugula, Italian Dressing, Garlic Aioli Drizzle on Black Pepper Focaccia	7.49	12.59
Ciabatta Cheesesteak 530/1050 Cal Marinated Steak, Melty Provolone, Caramelized Onions, Zesty Sweet Peppers, Garlic Aioli Drizzle on Ciabatta	7.59	12.69
Toasted Italiano 640/1280 Cal Black Forest Ham, Soppressata, Melty Provolone, Romaine & Lettuce Blend, Red Onions, Pepperoncini Peppers, Greek Dressing, Garlic Aioli Drizzle on French Baguette	7.59	12.49
Chicken Bacon Rancher 450/900 Cal	6.99	11.79
Chipotle Chicken Avo Melt 460/930 Cal	7.19	11.79
Toasted Frontega Chicken[®] 390/790 Cal	6.89	11.79
Spicy Fiesta Chicken 420/850 Cal Grilled Chicken, Creamy Salsa Verde Spread, Melty White Cheddar, Zesty Sweet Peppers, Roasted Corn on Ciabatta	6.89	11.79
Smokehouse BBQ Chicken 370/730 Cal	5.69	9.79
Toasted Garden Caprese 🍃 450/890 Cal	5.69	9.69
Grilled Cheese 🍃 410/810 Cal	4.99	7.59

Baguette 180 Cal / Chips 150 Cal / Apple 80 Cal

Upgrade your side to a Fruit Cup 🍃 60 Cal / 2.39



SALADS

Choose a **FREE SIDE:** Baguette / Chips / Apple

	YOU PICK 2 [®]	WHOLE
IN SEASON! Strawberry Poppyseed Chicken 🍷 190/380 Cal	7.69	12.99
NEW & Limited Time! Strawberry Chicken Caprese 🍷 300/600 Cal	7.69	12.99
NEW & Limited Time! Italian Market 340/680 Cal	6.89	11.79
Green Goddess Chicken Cobb 250/510 Cal	7.89	13.19
Mediterranean Chicken Greens with Grains 340/680 Cal	7.69	12.99
Without Chicken 🍃 270/540 Cal	5.89	9.79
Balsamic Chicken Greens with Grains 300/600 Cal	7.69	12.99
Without Chicken 🍃 230/470 Cal	5.89	9.79
Southwest Chicken Ranch 340/680 Cal	7.49	12.79
Fuji Apple Chicken 🍷 280/560 Cal	6.99	11.99
Greek with Chicken 270/550 Cal	6.99	11.99
Without Chicken 🍃 210/420 Cal	5.19	8.69
Asian Sesame Chicken 🍷 220/450 Cal	6.89	11.79
Caesar with Chicken 🍷 270/550 Cal	6.89	11.79
Without Chicken 🍷 210/410 Cal	4.99	8.49
NEW! Ranch Parm BLT 330/650 Cal	5.99	9.99

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SOUPS & MAC

Choose a **FREE SIDE:** Baguette / Chips / Apple

	YOU PICK 2 [®]			
	CUP	BOWL	CUP	BOWL
Bacon Mac & Cheese 520/1050 Cal	6.59	9.99	7.59	11.69
Mac & Cheese 🍃 480/960 Cal	5.89	8.99	6.79	10.49
IN SEASON! Mexican Street Corn Chowder 🍃 230/360 Cal Sweet Corn, Poblano Peppers, Potatoes, Blue Corn Tortilla Strips	5.19	6.79	6.59	8.29
Homestyle Chicken Noodle 120/180 Cal	5.19	6.79	6.59	8.29
Cream of Chicken & Wild Rice 190/280 Cal	5.19	6.79	6.59	8.29
Broccoli Cheddar 240/360 Cal	5.19	6.79	6.59	8.29
Creamy Tomato 🍃 250/370 Cal	5.19	6.79	6.59	8.29
Bistro French Onion 190/290 Cal	5.19	6.79	6.59	8.29

MAKE IT A BREAD BOWL!

Upgrade a cup of Soup or Mac
Adds 670 Cal / 2.29



Half Sandwich + Half Salad
Half Salad + Soup or Mac
Soup or Mac + Half Sandwich