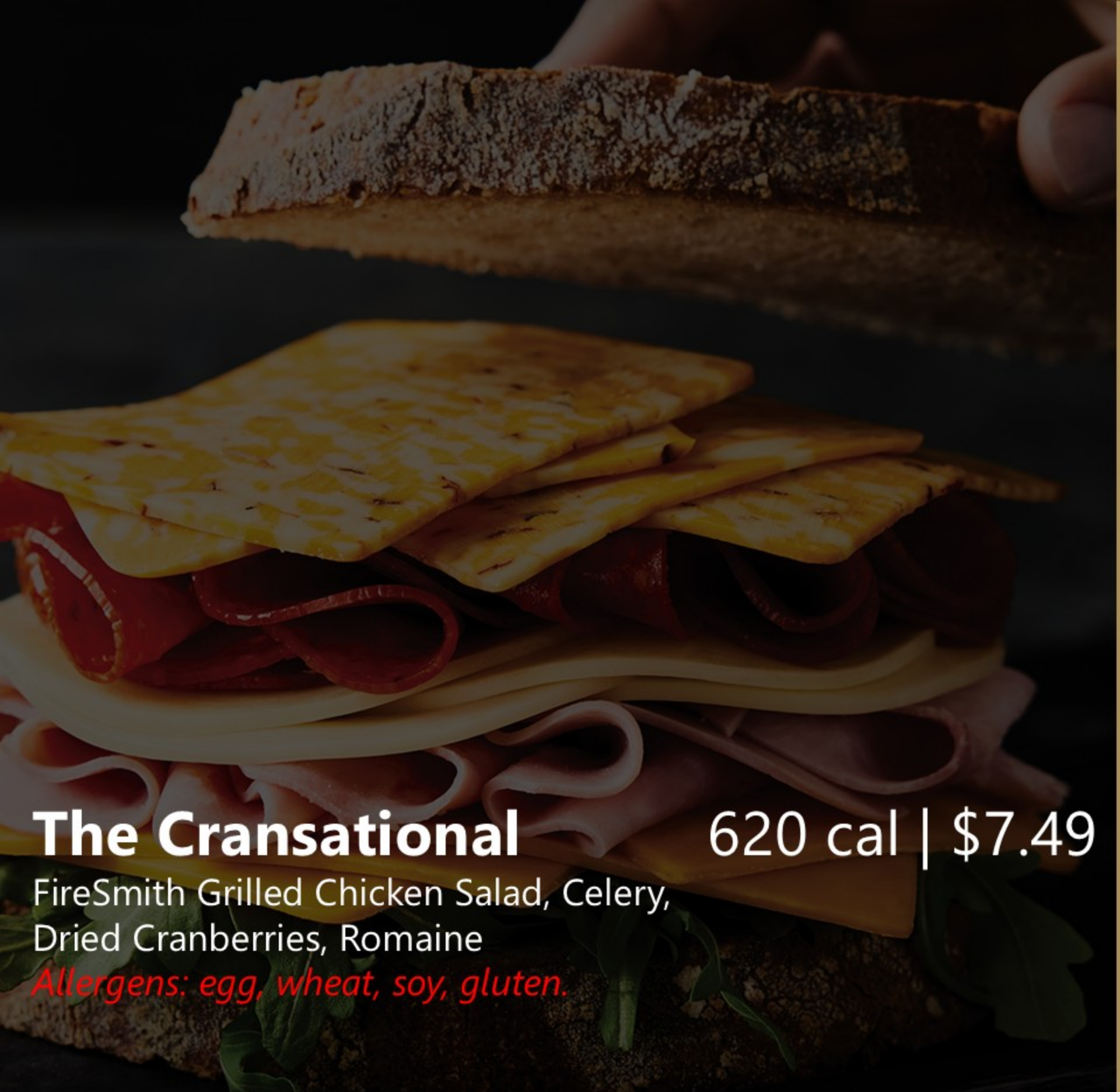




The Cransational 620 cal | \$7.49

FireSmith Grilled Chicken Salad, Celery, Dried Cranberries, Romaine
Allergens: egg, wheat, soy, gluten.

Buffalo 830 cal | \$9.39

Blazing Buffalo chicken, Pepperjack, Jalapeno Sauce, Pickles, Crispy Onions, Romaine
Allergens: milk, egg, wheat, soy, gluten.



- White
- 21 Grain
- Wheat
- Seeded Rye

SIGNATURE SANDWICHES

The Harpur College 720 cal | \$9.09

FireSmith Grilled Chicken Breast, Fresh Mozzarella, Tomato Pesto Mayo, Balsamic Glaze
Allergens: milk, egg, wheat, soy, gluten.

The Italian Beef **NEW** 760 cal | \$9.89

London Broil Roast Beef, Asiago, Arugula, Spicy Gremolata
Allergens: milk, egg, wheat, soy, gluten.

The Rock Street 830 cal | \$9.19

Cracked Peppermill Turkey, Bacon, Pepperjack, Avocado, Pepperhouse Gourmaise
Allergens: milk, egg, wheat, soy, gluten.

The Avocado Caprese **V** 820 cal | \$7.49

Fresh Mozzarella, Avocado, Pesto, Balsamic Glaze, Arugula & Tomato
Allergens: milk, egg, wheat, soy, gluten.

The DiMaggio 690 cal | \$8.59

Prosciutto, Fresh Mozzarella, Pesto Mayo, Roasted Red Peppers, Arugula
Allergens: milk, egg, wheat, soy, gluten.

The Calabrian 1010 cal | \$8.99

Imported Italian Ham, Mortadella, Prosciutto, Asiago, Calabrian Chili Aioli, Arugula
Allergens: milk, egg, wheat, soy, gluten.

Build Your Own 240 – 1350 cal | \$9.39

Allergens will vary.

V Vegetarian **VG** Vegan





SIGNATURE SALADS

- Add protein to any salad for \$3.19 | add 120 cal*
- | | |
|--|-----------------------|
| Greek Salad | 340 cal \$5.09 |
| Romaine, Feta, Tomatoes, Cucumber, Onion, Olives, Chickpeas
<i>Allergens: milk</i> | |
| Roasted Turkey & Hummus Bowl | 700 cal \$8.99 |
| Mixed Greens, Ovenroasted Turkey, Feta, Red Quinoa, Dried Cranberries, Apples
<i>Allergens: milk, sesame</i> | |
| Transitional Chicken Salad | 520 cal \$7.99 |
| Mixed Greens, EverRoast Chicken Salad, Cucumbers, Red Onion, Raisins
<i>Allergens: egg, soy</i> | |
| Orzo Caprese Salad | 860 cal \$6.99 |
| Orzo, Fresh Mozzarella, Cherry Tomatoes, Cucumbers, Roasted Red Peppers, Arugula, Basil, Red Wine Vinaigrette
<i>Allergens: milk, wheat, gluten</i> | |
| Peppermill Cobb Salad | 400 cal \$8.99 |
| Romaine, Bleu Cheese, Crumbled Bacon, Hard Boiled Egg, Avocado, Tomato
<i>Allergens: milk, egg</i> | |
| Caesar Salad | 230 cal \$4.19 |
| Romaine, Pecorino Romano, Pita Crisps
<i>Allergens: milk, wheat, gluten</i> | |
| Build Your Own | 70 – 800 cal \$8.99 |
| <i>Allergens will vary</i> | |

Sides & Extras

Macaroni Salad

Allergens: milk, wheat, gluten

390 cal | \$3.19

Potato Salad

Allergens: egg, wheat, gluten

650 cal | \$3.19

Quinoa Corn Salad

Allergens: soy

280 cal | \$3.19

Mediterranean Cucumber and Tomato Salad

Allergens: milk

200 cal | \$3.19

Cransational Chicken Salad

Allergens: egg, soy

470 cal | \$3.49

Black and White Cookie

Allergens: milk, egg, wheat, soy, gluten

\$1.99

Community chips

\$2.59

Cup of Soup

Allergens will vary

\$3.19

Bowl of Soup

Allergens will vary

\$4.39

 Vegetarian

 Vegan

Beverages

Bottled Soda	\$2.79	Pure Leaf Tea	\$3.19
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Life Water	\$3.89	Gatorade	\$3.09
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Aquafina	\$3.39	Tropicana Juice	\$3.59
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Bubbly	\$2.69	Tropicana Lemonade	\$3.19
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Propel	\$3.09	Celsius	\$3.89
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Gatorade Water	\$3.99	Rockstar	\$3.69
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Starbucks Frappuccino	\$4.49	Naked Juice	\$5.89
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Dr. Brown's Soda	\$1.99
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*Flavors: Cel-ray, Root Beer,
Cream Soda, Black Cherry, Diet
Black Cherry and Ginger Ale*

MAKE IT A COMBO

Add chips & a bottled soda or
water to your sandwich
\$11.59 | 290 – 580 cal

Add a soup to your sandwich:
Cup \$2.03 | Bowl \$3.09
70-300 cal | 140-600 cal