



BREAKFAST

SERVED FROM 5:00AM TO 11AM



QUICHE 8.99

Ham, sundried tomato, mushrooms and chive or spinach

BREAKFAST FLATBREAD9.99

Egg, bacon, roasted potato, scallion.

BREAKFAST QUESADILLA..... 7.99

Eggs, Jack and Cheddar Cheeses, Tomatillo Salsa on a Flour Tortilla

MORNINGRITA FLATBREAD 8.99

egg mozzarella, basil, tomato sauce

SEASONAL FRUIT PLATE..... 4.99

An assortment of seasonal fruit. servces 1-2 people

VEGETABLE FRITATTA.....9.99

Egg, tomato, ricotta, spinach, red bell peppers

FRITATTA..... 8.99

Egg, chorizo, onions, green bell pepper

MORNING SANDWICH10.99

Egg omelet souffle, mayonnaise, ham or spinach

CHICKEN & EGG SANDWICH..... 8.99

All Natural Chicken, Eggs, Dried Cranberry, Diced Celery, Almonds with House Made Dressing, Lettuce and Tomato on 7 Grain Whole Wheat Bread

BREAKFAST PASTRIES..... 8.99

Croissant, chocolate croissant, muffins, donuts

BREAKFAST BREADS..... 8.99

Country loaf, whole wheat, bagel, french baguette, apricot walnut bread

DRIED FRUITS10.99

Figs and apricots

COLD CEREAL..... 4.99

Froot loops, cheerios, raisin bran, kashi

GRANOLA & YOGURT10.99

Plain, greek and flavored



LUNCH

SERVED FROM 10:30AM TO 11PM



CHICKEN QUESADILLA 8.99

Roasted Chicken, Jack & Cheddar Cheeses, Roasted Green Chilies, Pico de Gallo on a Flour Tortilla

CARNITAS QUESADILLA.....9.99

Flour Tortilla Stuffed with Slow Cooked Pork Carnitas, Jack and Cheddar Cheeses, Roasted Green Chilies and Pico do Gallo

CHEESE QUESADILLA.....7.99

Jack and Cheddar Cheeses, Tomatillo Salsa on a Flour Tortilla

CHICKEN TENDERS 8.99

5 Pieces served with a Bag of Chips

CHEESE & FRUIT BOARD7.99

An assort ment of cheese & fruits (servces 1-2 people)

BUFFALO WINGS..... 6.99

6 pieces Served With Celery, Carrots, and Blue Cheese

SEASONAL FRUIT PLATE..... 4.99

An assortment of seasonal fruit. servces 1-2 people

TUNA SALAD9.99

Albacore Tuna Salad with Tomato and Lettuce on 7 Grain Whole Wheat Bread

HAM & SWISS 8.99

Ham, Swiss Cheese, Lettuce, Tomato and Stone Ground Mustard on a Pretzel Bun

ROASTED TURKEY CLUB.....10.99

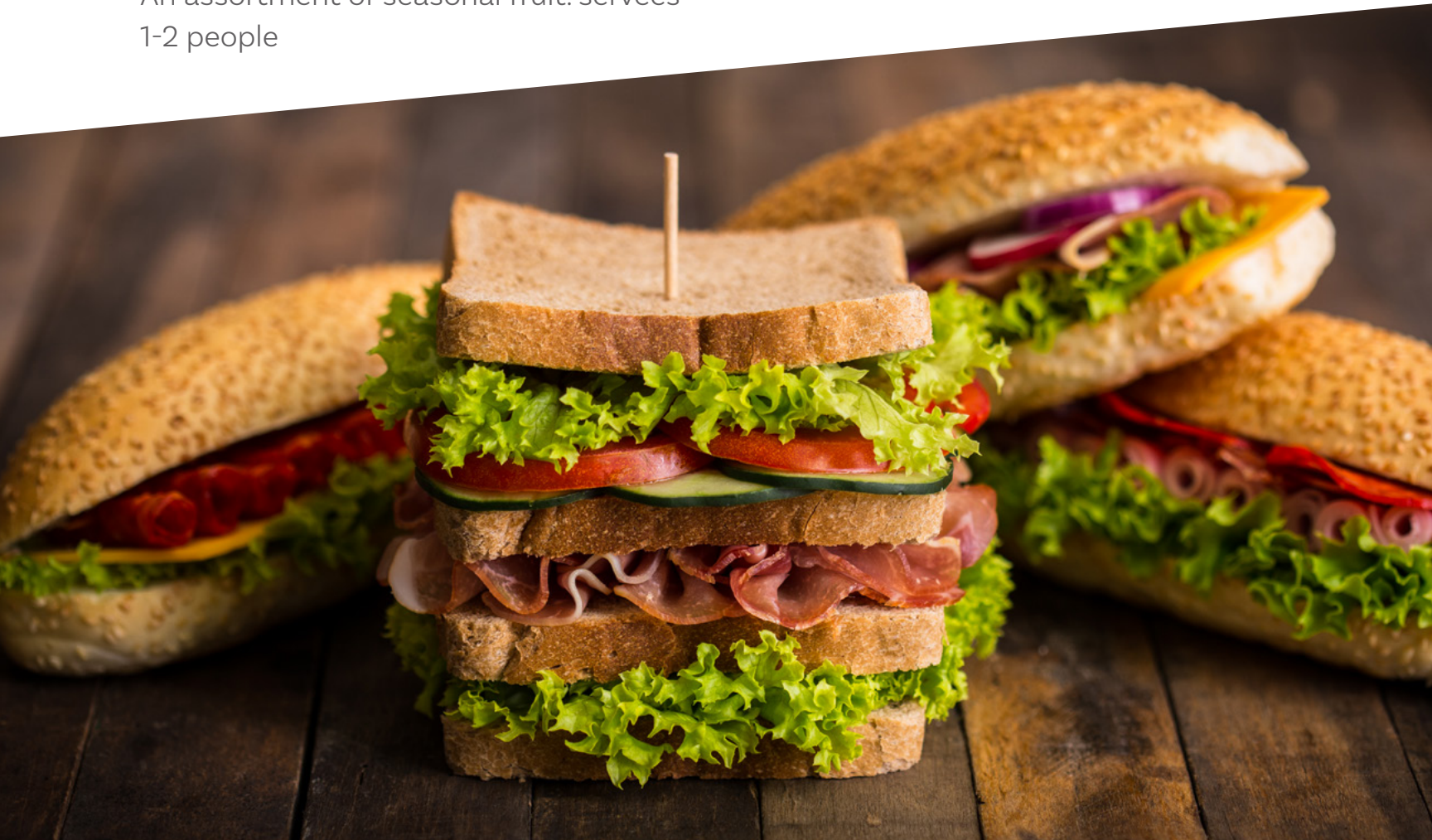
All Natural Turkey, Applewood Smoked Bacon, Lettuce, Tomato, White Cheddar Cheese, Honey Mustard on 7 Grain Whole Wheat Toast

CHICKEN SALAD SANDWICH 8.99

All Natural Chicken, Dried Cranberry, Diced Celery, Almonds with House Made Dressing, Lettuce and Tomato on 7 Grain Whole Wheat Bread

CAPICOLA CHICKEN SANDWICH

All-natural Chicken, Capicola Ham, Pepper Jack Cheese, Roma Tomato, Pickles and Pesto Aioli on an Artisan Roll



DINNER

SERVED FROM 11AM TO 11PM



GRILLED SALMON14.99

Fire Roasted Vegetables with Lemon Basil Risotto

BRAISED SHORT RIBS.....15.99

Fire Roasted Vegetables and Garlic Mushroom Risotto

CHICKEN PENNE.....13.99

Chicken, Marinara, Basil, Garlic and Oregano

BAKED PENNE12.99

Penne Pasta with Tomatoes, Olive Oil, Roasted Vegetables and Garlic

MOZZARELLA FLATBREAD..... 7.99

Balsamic Glaze and Olive Oil

CARNITAS FLATBREAD.....9.99

Hand Shredded Pork, Pico de Gallo, Pepper Jack Cheese, Cilantro Guava Glaze

BUFFALO FLATBREAD9.99

Crispy Chicken Chunk, Buffalo Sauce, Sweet Onions, Avocado Ranch, Tossed Arugula

CAPRESE PANINI10.99

Fresh Mozzarella, Tomato, Fresh Basil, Balsamic Jam on Ciabatta Roll

CAPICOLA SANDWICH10.99

All-natural Chicken, Capicola Ham, Pepper Jack Cheese, Roma Tomato, Pickles and Pesto Aioli on an Artisan Roll

HAM & CHEESE CIABATTA.....9.99

Ham, Melted White Cheddar Cheese, Lettuce, Tomato and Shaved Red Onion on a Ciabatta Roll

CHOP SALAD 7.99

All Natural Chicken, Romaine Lettuce, Applewood Smoked Bacon, Tomato, Chopped Egg, Bell Pepper, Red Onion and Blue Cheese

CAESAR SALAD 6.99

Chopped Romaine Lettuce and Grated Parmesan with Caesar Dressing

CAPRESE SALAD5.99

Fresh Mozzarella, Tomato and Basil with Balsamic Vinaigrette



