

PANINI \$7.95

Hot Grilled Sandwiches
on European Plat Bread



- P1. The Teriyaki Panini**
Grilled chicken with vegetables, Jarlsberg cheese and teriyaki sauce.
- P2. Combination Panini**
Corned beef, turkey, swiss cheese, cole slaw, Russian dressing, lettuce and tomatoes.
- P3. Chicken Parmigiana Panini**
Breaded chicken, fresh mozzarella, marinara sauce, fresh basil.
- P4. Tuscan Panini**
Fresh mozzarella, fresh plum tomatoes, fresh basil, fresh spinach and sun-dried tomato.
- P5. Tuna Melt Panini**
Tuna salad, cheddar cheese, lettuce and plum tomatoes.
- P6. Delightful Panini**
Honey-glazed turkey, Jarlsberg cheese, cole slaw and honey mustard.
- P7. Capri Panini**
Smoked turkey, pepperoni, provolone cheese, spinach, hot peppers and balsamic vinaigrette.
- P8. The Combo Panini**
Pastrami, corned beef, provolone cheese, lettuce, tomatoes and mustard.
- P9. Chicken Fajita Panini**
Grilled chicken, cheddar cheese, roasted peppers, caramelized onions and salsa.
- P10. Russian Panini**
Roast beef, muenster cheese, caramelized onions, lettuce, plum tomatoes and russian dressing.
- P11. The Italiano Panini**
Grilled chicken, roasted peppers, fresh mozzarella and pesto sauce.
- P12. Vegetarian Panini**
Grilled vegetables, zucchini, eggplant and fresh mozzarella.
- P13. Chicken Club Panini**
Grilled chicken, smoked bacon, brie cheese, plum tomatoes and house dressing.
- P14. Chipotle Chicken Panini**
Grilled chicken, jack cheese, fresh plum tomato, fresh arocado & chipotle sauce.
- P15. Egg Plant Parmigiana Panini**
Breadod egg plant, fresh mozzarella & marinara sauce
- P16. Three Cheese Melt Panini**
Jack, cheddar, fresh mozzarella & tomato.



Daily Soups

Small \$3.95 Large \$4.95

Call For Our 3 Daily Selections

AVOCADO SANDWICHES \$7.95

All Sandwiches Come With Avocado.

- A1. Lemon Grilled Chicken**
Mozzarella cheese, russian dressing on rye bread.
- A2. Cajun Chicken Avocado**
Pepper jack cheese and romaine lettuce on a wrap.
- A3. Chicken Cutlet Avocado**
Fresh mozzarella cheese on hero.
- A4. Turkey Pastrami Sandwich**
Swiss cheese, peppers, honey onions, mustard on whole wheat bread.
- A5. Falafel Wrap**
Hot peppers, cucumber salad and hummus on a wheat wrap.
- A6. Veggie Wrap**
Fresh mozzarella cheese, romaine lettuce and sun dried tomato wrap.
- A7. Vegetarian Burger**
Fresh mozzarella cheese, romaine lettuce, russian dressing and roasted pepper on whole wheat bread.



ON THE GRILL

Deluxe Is Served With French Fries, Lettuce, Tomatoes And Pickles For An Additional Charge. Deluxe Option (\$3).

- Cheese Burger** \$5.95
Green leaf lettuce and tomato
- Texas Cheese Burger** \$6.95
Grilled onions, bacon, jack cheese and BBQ sauce
- Veggie Burger** \$6.95
Green leaf lettuce, tomato and onions
- Italian Burger** \$6.95
Fresh mozzarella, roasted red peppers and pesto sauce
- Turkey Burger** \$6.95
Cheddar cheese, romaine lettuce and tomato.
- Bacon Cheese Burger** \$6.95
Green leaf lettuce, tomato, bacon with your choice of cheese.
- Ruben** \$7.95
Corned beef, sourkraut, russian dressing with swiss cheese on rye bread.
- Philly Cheese Steak** \$7.95
Onions, green peppers and mozzarella cheese.
- Italian Steak** \$7.95
Onions, green peppers, mozzarella and marinara sauce.
- Chicken Philly Cheese Sub** \$7.95
Onions, green peppers and mozzarella cheese.

JUICES

	16oz	20oz
1. Sun Riser Juice Carrots and orange.	\$5.99	\$7.49
2. Green House Juice Spinach, parsley, granny smith apple and banana.	\$5.99	\$7.49
3. Honey Sweet Madness Juice Granny smith apple, mango and honey.	\$5.99	\$7.49
4. Eye Opener Juice Carrots, lemon and pineapple.	\$5.99	\$7.49
5. Aruba Juice Strawberries, pineapple and carrots.	\$5.99	\$7.49
6. Sour Juice Pineapple, kiwi and orange.	\$5.99	\$7.49

FRESH SQUEEZED

	SM 16oz	LG 20oz
1. Orange Juice	\$4.95	\$5.95
2. Carrot Juice	\$4.95	\$5.95
3. Apple Juice	\$4.95	\$5.95



SMOOTHIES

	SM 16oz	MED 20oz	LG 24oz
1. 100 Grand Smoothie	\$4.95	\$5.95	\$6.95
2. The Thompson Smoothie	\$4.95	\$5.95	\$6.95
3. The James Smoothie	\$4.95	\$5.95	\$6.95
4. The Jimmy Smoothie	\$4.95	\$5.95	\$6.95



COFFEE BAR

	SM	MED	LG
1. House Coffee,Decaf and Tea	\$1.25	\$1.75	\$2.00
2. Flavored Coffee Hazelnut - French Vanilla - Caramel	\$1.75	\$2.00	\$2.50
3. Steamed Hot Chocolate	\$2.00	\$3.00	\$4.00
4. Iced Cappuccino	\$3.00	\$4.00	\$5.00
5. Iced Coffee or Ice Tea	\$2.00	\$2.50	\$3.00

MUFFINS & DANISHES

Available All Day!

- Danish & Pastries** \$2.49
Danish selection: cheese, pecan, raisin, cinnamon, fruit, apple turnover.
- Croissant** \$2.49
Croissant selection: plain, cheese, chocolate & almond.
- Fat Free Yogurt Muffins** \$2.49
Toasted w.Butter \$2.99
Yogurt muffin selection: corn, bran, blueberry, banana, walnut, chocolate chip, Cinnamon, blueberry, marble, cappuccino, cranberry orange, red velvet.

DESSERTS

- Giant Cookie** \$2.99
- Brownie** \$2.99
- Carrot Cake** \$4.99
- Red velvet** \$4.99
- NY Style Cheese Cake** \$4.99
- Strawberry Cheese Cake** \$4.99



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EGG SANDWICHES

Bread Choice: Kaiser Roll or White, Rye or Wheat Slice Bread or Bagel Flavor Options: Plain, Sesame, Cinnamon Raisin, Poppy Seed, Whole wheat, Everything Bagel or English Muffin



- ES1. **Two Eggs** \$2.50
Scrambled, fried or over easy
- ES2. **Eggs With Meat** \$3.49
Served with choice of: ham, bacon, turkey bacon or sausage, etc.
- ES3. **Western Omelette Sandwich** \$4.99
Ham, onions and peppers.
- ES4. **Grilled Vegetables & Eggs Sandwich** \$4.99
- ES5. **Two Egg Whites** \$2.99
- ES6. **Egg & Cheese** \$3.49
- ES7. **Egg Cheese & Meat** \$4.49
- ES8. **Croissant With Eggs & Cheese** \$4.49

EGG WRAPS

Wrap Choices: Spinach, Sundried Tomato, Whole Wheat & Plain Available All Day!

- EW1. **Greek Style Wrap** \$5.49
Eggs, feta cheese, fresh spinach and mushrooms on a spinach wrap.
- EW2. **Classic Egg Wrap** \$5.49
Eggs, ham, american cheese and home fries on a plain wrap.
- EW3. **Healthy Egg White Wrap** \$5.99
Egg whites with oven roasted vegetables and fresh mushrooms on a whole wheat wrap.
- EW4. **Southwestern Style Wrap** \$5.49
Eggs with ham, cheddar cheese, green onions and salsa on a sundried tomato wrap.

\$2.00 for Extra Meat

EGG PLATTERS

Served with Home Fries, Toast Egg Platters Choice Of Toast: White, Wheat, Rye Available All Day!

- EP1. **Two Eggs Any Style Platter** \$4.99
Egg style: scrambled, sunny-side up, over easy, over medium, over hard.
- EP2. **Cheese Omelette Platter** \$5.99
- EP3. **Vegetarian Omelette Platter** \$6.49
Egg whites with oven roasted vegetables and fresh mushrooms.

BAGELS

- 1. **Bagel** With butter \$1.50
- 2. **Bagel** With cream cheese \$1.99
- 3. **Bagel** \$2.99
With scallion, vegetable, strawberry, blueberry, cinnamon raisin, cream cheese.
- 4. **Bagel** With smoked norwegian salmon & cream cheese \$7.95
- 5. **Bialy** With butter \$1.50
- 6. **Bialy** With cream cheese \$1.99
- 7. **Bialy** \$2.99
With scallion cream cheese, bialy vegetable cream cheese
- 8. **Bialy** With smoked Norwegian salmon & cream cheese \$7.95



SALADS

Topping Selection
Choose Base: **SM \$3.50 LG 4.50**
(mixed greens, baby spinach, crisp romaine)



FINEST FRESH SALAD BAR

- | | SM | LG |
|--|--------|--------|
| Finest Special | \$6.95 | \$8.95 |
| <i>Choice of toppings; 1 meat, 1 cheese, 3 veggies</i> | | |
| Caesar Salad | \$5.95 | \$7.95 |
| Topped With Grilled Chicken | \$6.95 | \$8.95 |
| Greek Salad | \$7.95 | \$9.95 |
| <i>Crisp romaine, feta, stuffed grape leaves, tomato, olives & onions.</i> | | |
| Traditional Chef's Salad | \$7.95 | \$9.95 |
| <i>Turkey, ham, swiss & American cheese, hard boiled egg & cucumber over mixed greens.</i> | | |
| Classic Cobb Salad | \$7.95 | \$9.95 |
| <i>Turkey, avocado, crumbled blue cheese, mushrooms, carrots and bacon over mixed greens.</i> | | |
| Southern Chicken Salad | \$6.95 | \$8.95 |
| <i>Cajun chicken, bleu cheese, tomatoes, mushrooms and corn, over crisp romaine.</i> | | |

PROTEINS

- | | | | |
|---------------------------------|--------|---------------------|--------|
| Grilled Chicken | \$2.00 | Italian Tuna | \$2.00 |
| BBQ Chicken | \$2.00 | White Tuna | \$2.00 |
| Breaded Chicken | \$2.00 | Shrimp | \$3.50 |
| Teriyaki Chicken | \$2.00 | Bacon Bits | \$1.50 |
| Honey Turkey Breast | \$2.00 | | |
| Smoked Turkey Breast | \$2.00 | | |
| Peppermill Turkey Breast | \$2.00 | | |

VEGETABLES

- | | | | |
|------------------------|--------|---------------------------|--------|
| Kidney Beans | \$0.75 | Jalapeño Peppers | \$0.75 |
| Black Beans | \$0.75 | Fresh Avocado | \$1.00 |
| Fresh Corn | \$0.75 | Sun-Dried Tomatoes | \$1.00 |
| Chickpeas | \$0.75 | Roasted Peppers | \$1.00 |
| Bell Peppers | \$0.75 | Walnuts | \$1.00 |
| Carrots | \$0.75 | Raisins | \$1.00 |
| Mushrooms | \$0.75 | Almonds | \$1.00 |
| Plum Tomatoes | \$0.75 | Sliced Beets | \$1.00 |
| Cherry Tomatoes | \$0.75 | Pesto Sauce | \$1.00 |
| Cucumbers | \$0.75 | Sunflower Seeds | \$1.00 |
| Hard Boiled Egg | \$0.75 | Artichoke Hearts | \$1.00 |
| Fresh Broccoli | \$0.75 | | |

CHEESE

- | | | | |
|-----------------------------|--------|-------------------------|--------|
| Cheddar Cheese | \$1.50 | Blue Cheese | \$1.50 |
| Parmesan Cheese | \$1.50 | Fresh Mozzarella | \$1.50 |
| Imported Feta Cheese | | | \$2.00 |

Extra Dressing is \$0.50 Per Side

SALAD BY THE POUND

- 1. **Tuna Salad** \$9.99/LB
- 2. **Chicken Salad** \$9.99/LB
- 3. **Cajun Chicken** \$9.99/LB
- 4. **Egg Salad** \$7.99/LB
- 5. **Pasta Salad** \$9.99/LB
- 6. **Shrimp Salad** \$12.99/LB
- 7. **Seafood Salad** \$12.99/LB



GRILLED CHEESE SANDWICHES \$4.49

- C1. **Fresh Mozzarella & Tomato**
- C2. **American Cheese Sandwich**
- C3. **Swiss Cheese Sandwich**
- C4. **Provolone Cheese Sandwich**
- C5. **Muenster Cheese Sandwich**
- C6. **Cheddar Cheese Sandwich**
- C7. **Mozzarella Cheese Sandwich**



SPECIALTY SANDWICHES \$7.95

- S1. **Grilled Breast Of Chicken Sandwich**
Honey mustard, roasted peppers, shredded carrots, plum Tomatoes and leaf lettuce on a light country sourdough bread.
- S2. **Smoke Breast Of Turkey Sandwich**
Brie cheese, leaf lettuce, plum tomatoes and Honey mustard on a french baguette.
- S3. **Chicken Caesar Sandwich**
Grilled chicken breast topped with caesar Salad and roasted peppers on ciabatta bread.
- S4. **Fresh Mozzarella Sandwich**
Sun-dried tomatoes, fresh basil leaves, roasted peppers, Extra virgin oil and cracked black pepper on a french baguette.
- S5. **Grilled Portobello Mushroom Sandwich**
With provolone cheese, sauteed spinach, caramelized onions, Roasted sweet peppers and basil pesto on a seven grain roll.
- S6. **Grilled Breast Of Chicken Ciabatta**
With grilled vegetables, leaf lettuce, plum Tomatoes and basil pesto on ciabatta bread.
- S7. **Old Fashioned Tuna**
Roasted peppers, leaf lettuce and Plum tomatoes on an eight grain roll.
- S8. **Chive Egg Salad**
With cucumbers, sun-dried tomatoes and Leaf lettuce on eight grain bread.
- S9. **Lemon Chicken**
Filled with greens and plum tomato.
- S10. **Vegetarian**
Roma tomato, cucumbers, carrots, Avocado and hummus spread on eight grain bread.
- S11. **Cordon Blue Hero**
Chicken cutlet, ham, swiss and russian dressing.



SIDES

- 1. **French Fries** \$3.99
- 2. **Mozzarella Sticks** \$5.99
- 3. **Potato Salad** \$2.50
- 4. **Macaroni Salad** \$2.50
- 5. **Cole Slaw** \$2.50
- 6. **Chicken Tenders(4ps)** \$6.99
- 7. **Buffalo Wings(6PS)** \$6.99



BOAR'S HEAD SANDWICHES

Boar's Head Sandwiches Style Selection
Sandwich pricing include lettuce, tomato and mayo

Roll \$6.49 Hero / Wraps \$7.95

- B1. **Oven Roasted Chicken Breast**
- B2. **Buffalo Style Roasted Chicken Breast**
- B3. **Oven gold turkey**
- B4. **Pepper Turkey**
- B5. **Sausalito Turkey**
- B6. **Honey Glazed Turkey Breast**
- B7. **Smoked Roasted Turkey**
- B8. **Corned Beef**
- B9. **Pastrami**
- B10. **Prime Roast Beef**
- B11. **Beef Salami**
- B12. **Beef Bologna**



WRAPS \$7.95

- W1. **Arizona Wrap** *Chicken cutlet, pepper jack cheese, hot peppers, lettuce, tomato and herb mayo on a gourmet wrap.*
- W2. **Veggie Wrap** *Green zucchini, yellow squash, red, yellow and green peppers with hummus on a gourmet wrap.*
- W3. **Caesar Wrap** *Grilled chicken caesar dressing, croutons and parmesan cheese gourmet wrap.*
- W4. **American Wrap** *Roast beef, turkey, american and swiss cheese, lettuce, tomato on a gourmet wrap.*
- W5. **Chicken Master Wrap** *Breaded Chicken, fresh mozzarella, fresh basil, plum tomato, bacon, and ranch dressing on wheat wrap*
- W6. **Sicilian** *Grilled chicken, peppers and onions on a gourmet wrap with fresh mozzarella.*
- W7. **E.Z.Z** *Grilled chicken, sun-dried tomato, fresh basil, fresh mozzarella and honey mustard on a gourmet wrap.*
- W8. **Oriental** *Teriyaki style chicken, steamed vegetables and teriyaki sauce on a gourmet wrap.*
- W9. **B.B.Q Chicken** *Sliced bbq chicken breast, avocado, romaine, jack cheese and sun-dried tomato on a gourmet wrap.*
- W10. **Santa Fe** *Spicy turkey, fresh mozzarella, basil, tomato and balsamic vinaigrette on gourmet wrap.*



QUESADILLAS \$8.95

A Crisp Half Moon Tortilla Filled With Your Choice Of Delicious Ingredients. Includes Cheddar Cheese, Jack Cheese, Sour Cream And Salsa.

- Q1. **Cajun Chicken Quesadilla**
- Q2. **Chicken Broccoli Quesadilla**
- Q3. **Cheese Quesadilla**
- Q4. **Mushrooms, Olive & Spinach Quesadilla**
- Q5. **Bacon, Blackbeans & Tomato Quesadilla**
- Q6. **Beef Quesadilla**

