

BREAKFAST SANDWICHES

\$7.99

SERVED ON CHOICE OF CROISSANT OR PLAIN BAGEL

EGG & CHEDDAR | 410/450 CAL

HAM, EGG & CHEDDAR | 510/550 CAL

BACON, EGG & CHEDDAR | 440/480 CAL

SAUSAGE, EGG & CHEDDAR | 610/650 CAL

CREATE YOUR OWN SANDWICH

\$9.85

BREAD

140-270 CAL

BAGUETTE
CIABATTA
CROISSANT
HOAGIE ROLL
SOURDOUGH
WHOLE WHEAT

PROTEIN

70-280 CAL

BACON
CHICKEN SALAD
GRILLED CHICKEN
PORTOBELLO MUSHROOM
HAM
HUMMUS
ROAST BEEF
TUNA SALAD
TURKEY
TOFU

CHEESE

50-90 CAL

CHEDDAR
SWISS
PROVOLONE
PEPPER JACK
FETA

TOPPINGS

0-70 CAL

BANANA
PEPPERS
CUCUMBER
LETTUCE
OLIVES
PICKLE
RED ONION
SPINACH
TOMATO

SPREADS

5-210 CAL

DIJON MUSTARD
HONEY MUSTARD
MAYONNAISE
CHIPOTLE MAYO
PESTO MAYO
OIL & VINEGAR

EXTRAS

5-210 CAL

PROTEIN | \$2.19
CHEESE | \$0.99