

hot + fresh breakfast

bacon + egg + cheese croissant

\$4.60 | 540 cal

turkey sausage + egg + cheese croissant

\$4.60 | 680 cal

egg + cheese croissant

\$4.60 | 600 cal



extras

buttered grits (12oz)

\$2 | 140 cal

oatmeal (12oz)

\$2 | 320 cal

Daily

sensational smoothies

frozen strawberry lemonade

strawberries, lemon | 16 oz. | \$4.39 | 380 cal

peaches 'n cream

peaches, strawberries, banana, almond milk,
greek non-fat yogurt | 16 oz. | \$4.39 | 370 cal

mango tango

mango, pineapple, banana, almond milk,
greek non-fat yogurt | 16 oz. | \$4.39 | 300 cal

big muscle stack

strawberries, peanut butter, banana, almond milk,
greek non-fat yogurt | 16 oz. | \$5.95 | 510 cal



Daily

hand-crafted sandwiches

chicken salad

Chicken salad, lettuce, tomato, croissant
\$7.00 | 490 cal

turkey and swiss

turkey, swiss, texas toast
\$6.25 | 580 cal

classic club

ham, bacon, turkey, cheddar, lettuce, tomato, texas toast
\$7.00 | 490 cal

ruben

Corned beef, sauerkraut, thousand island,
marble rye | \$6.25 | 580 cal

tuna salad

tuna, lettuce, tomato, croissant | \$7.00 | 590 cal

+ add a 12oz
soup of the day

+\$3





Beef Brisket
Bbq chicken

cal. 610
cal. 350

ADD YOUR SIDE

garden salad	cal. 180
baked beans	cal. 250
fruit salad	cal. 150
potato salad	cal. 295
collard greens	cal. 290

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

\$8

VERDE



 Fresh Latin Kitchen

Nachos

Select your Protein

Beef	cal. 267
Chicken	cal. 228
Vegetarian refried Beans	cal. 120

Select your toppings

Guacamole, Pico de Gallo, Sour cream,
Shredded cheddar, Jalapeños, Salsa,
Shredded Lettuce, Cilantro,
Liquid Cheese

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.



Beef Brisket
Bbq chicken

cal. 610
cal. 350

ADD YOUR SIDE

garden salad	cal. 180
baked beans	cal. 250
fruit salad	cal. 150
potato salad	cal. 295
collard greens	cal. 290

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.