

CAFFE BAR

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|---|-----------------------------|---------------------------|
| Fresh Brewed Coffeereg. \$3.00 | Irg. \$3.50 | |
| Espressosingle \$2.50 | DbL. \$3.00 | |
| Macchiatoreg. \$3.00 | Irg. \$3.50 | |
| Lattereg. \$4.50 | Irg. \$5.00 | |
| Cappuccinoreg. \$4.50 | Irg. \$5.00 | |
| Dark Mochareg. \$4.50 | Irg. \$5.00 | |
| Crème Caramelreg. \$5.00 | Irg. \$5.50 | |
| Chai Lattereg. \$4.50 | Irg. \$5.00 | |
| Vanilla Lattereg. \$5.00 | Irg. \$5.50 | |
| Hot Chocolatereg. \$4.50 | Irg. \$5.00 | |
| Americanoreg. \$3.00 | Irg. \$3.50 | |
| Coffee Refills | \$1.00 | |
| Add shot\$.50 | Add Syrup\$.50 | Add Soy\$.65 |

BREAKFAST - served all day

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| Oatmeal | \$7 |
| Served with fresh berries, bananas and brown sugar | |
| Granola | \$7 |
| Toasted oats, farm fresh yogurt, berries and honey | |
| Seasonal Fruit Plate | \$7 |
| Fresh selection changes seasonably | |
| Quiche of the Day | \$6 |
| Choice of savory quiche served with side of mixed greens | |
| French Toast – with orange maple syrup..... | \$9 |
| Bagel (Plain)..... | \$2.75 |
| Bagel & Cream Cheese | \$4 |
| Bagel & Lox | \$9 |
| Toasted bagel served with Smoked Salmon, Cream Cheese, Tomato & Red Onion | |
| Breakfast Bagel | \$8 |
| Toasted bagel served with scrambled eggs, bacon, tomato and cheddar cheese | |

EGGS & OMELETTES

Made with 3 organic eggs and sea salt. Served with your choice of fresh fruit, mixed greens or roasted potatoes.

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| Tomato & Basil | \$9 |
| Asparagus, Mushroom | \$9.50 |
| Spinach, Tomato & Goat Cheese | \$10.50 |
| Bacon, Tomato & Four Cheese | \$11.50 |
| Smoked Salmon & Onion & Dill | \$13 |
| 3 eggs any style | \$10.50 |
| Choice of sausage or bacon, served with baked potatoes, mixed greens or fruits | |

BROWN RICE BOWLS

Your healthy choice – brown rice bowl served with steamed vegetables

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| Baked Salmon | \$11 |
| Grilled Chicken Breast | \$10 |
| Chicken Teriyaki Breast | \$11 |
| Tofu Spinach Kale | \$9 |
| Egg Whites Spinach Grilled Chicken | \$11 |
| Seared Ahi Tuna | \$14 |
| Grilled Shrimp | \$12 |

PRESSED PANINI

Toasty grilled sandwiches with mixed greens tossed in balsamic

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| Ham & Swiss | \$10.00 |
| Caprese | \$10.00 |
| Turkey Club | \$12.00 |
| Classic Tuna | \$10.00 |
| Prosciutto & Mozzarella | \$11.00 |
| Turkey & Havarti | \$11.00 |
| Tuna & Artichoke | \$11.00 |
| Grilled Chicken Pesto | \$11.00 |
| Primo | \$11.00 |

WRAPS

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| B-L-T | \$9.00 |
| Turkey Avocado | \$9.00 |
| Chicken teriyaki | \$9.00 |
| Chicken Vegetable | \$9.00 |
| Curry Chicken | \$9.00 |
| Portobello Mushroom | \$8.00 |
| Grilled Shrimp | \$10.00 |
| Classic Tuna salad | \$9.00 |

FRENCH CREPES- savory & sweet

Savory Crepes.....\$11
Each crepe comes with fresh mixed greens and tomatoes tossed in a light balsamic

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| Bacon, Tomato & Mozzarella | |
| Turkey, Mozzarella & Caesar | |
| Ham, Swiss, Tomato & Pesto | |
| Scrambled Eggs, Ham & Mozzarella | |
| Chicken, Mushroom & Spinach | |
| Asparagus, Mushroom and Zucchini | |
| Sweet Crepes | |
| Nutella | \$8 |
| Banana & Nutella | \$10 |
| Banana & Dulce de Leche | \$10 |
| Nutella – Strawberry – Banana | \$10 |

SALADS & SOUP

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| Ahi Tuna Salad | \$16 |
| Spicy seared ahi tuna, mixed greens, avocado, tomato, lemon dressing | |
| Chicken Caesar | \$12 |
| Tender roasted breast of chicken on a bed of traditional Caesar Sub Salmon Add \$2 | |
| Spinach Mango Cranberry | \$13 |
| Fresh spinach leaves in pomegranate dressing, with grilled chicken breast, topped with mango and cranberries | |
| Greek Salad | \$11 |
| Crisp romaine, red onion, tomato, cucumber, calamata olives and feta cheese tossed with lemon dressing | |
| Chop-Chop | \$12 |
| Mixed greens, tomato, carrot, celery, swiss cheese, turkey breast, salami and garbanzo beans chopped and tossed in balsamic | |
| Quinoa Salad | \$12 |
| Red onion, asparagus, cucumber, tomato, cranberry, walnuts, avocado, green onion, goat cheese, lemon dressing | |
| Spinach & Pomegranate Salad | \$12 |
| Diced chicken breast on a bed of spinach, pomegranate seeds, spicy pecans, and gorgonzola with pomegranate dressing | |
| Baked Salmon Pesto Salad | \$14 |
| Filet of salmon dressed in savory pesto on a bed of mixed greens and tomato in a crisp lemon dressing | |
| Mixed Berry Summer Salad | \$12 |
| Fresh berries on a bed of mixed greens tossed with tomato, walnuts and goat cheese in a raspberry vinaigrette | |
| Farro Salad | \$12 |
| Cucumber, mint, cherry tomato, green and red onion, parsley, feta cheese, olives, oregano, lemon dressing | |
| Roasted Beet Salad | \$14 |
| Mixed greens, cherry tomato, beets, walnuts, feta cheese, raspberry vinaigrette | |
| Chicken Avocado | \$13 |
| Snow peas, celery, pomegranate, sweet potato, cherry tomatoes, mint, pomegranate dressing Sub Shrimp Add \$2 | |
| Chicken Cobb Salad | \$13 |
| Diced chicken breast, tomato, bacon, avocado and blue cheese tossed with balsamic vinaigrette | |
| Roasted Veggie Salad | \$11 |
| Roasted tomato, eggplant, zucchini, asparagus and mushroom on a bed of mixed greens tossed in balsamic | |

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| Soup of the Day | \$6.00 |
| Warm up with a bowl of tasty homemade soup served with toast points | |

ALL PRICES ARE SUBJECT TO CHANGE

PROTEIN SMOOTHIES

Get Skinny Orange juice, strawberries, blueberries, raspberries, banana, yogurt, protein

Acai Berry Apple juice, blueberries, raspberries, strawberries, banana, protein.

Muscle Builder Orange juice, pineapple, peaches, banana, yogurt, protein.

Green Machine Almond milk, banana, spinach, kale, protein

BBC Apple juice, beets, banana, protein

Mocha Non fat milk, banana, espresso, chocolate, protein

Banberry Orange juice, apple juice, banana, strawberries, protein

Cinnamon Crunch Almond milk, banana, granola, yogurt, cinnamon, honey, protein

Avocado Almond milk, avocado, peach, banana, honey, protein

FRESH SQUEEZED JUICES

Fresh Squeezed Juice.....med. \$6 lrg. \$7
Choice of Apple, Orange, Pineapple, Carrot

Fresh Squeezed Juice Blend.....\$6

Pure green Cleanse – Cucumber, Spinach, Romaine lettuce and Parsley

Energizer - Carrot, Apple, lemon and Ginger

Digestive Cleanse – Pineapple, Ginger and Mint

Sweet Greens- Cucumber, Pear, Kale and Parsley

Beautiflier – Cucumber, Lemon, Mint and Aloe Vera

Stamina Boost – Carrot, Beet, Lime and Mint

Citrus Cleanse- Grapefruit, Orange, Lemon, Lime, Agave and Cayenne Pepper

PIZZA

Individual sized, thin-crust pizzas made to order

Margherita.....\$10

Marinara sauce and mozzarella cheese

Roasted Veggie.....\$10

Marinara sauce with peppers, mushrooms and zucchini

Pepperoni Sausage Meatball.....\$11

BBQ Chicken.....\$11

Diced chicken breast in tangy bbq sauce, onions and mozzarella

White Truffle.....\$10

Potatoes, rosemary, mozzarella, truffles

PASTA

Chicken Mushroom Alfredo.....\$11

Penne with meat sauce\$10

Cappellini Marinara.....\$9

Spaghetti with meat balls\$12

Cheese ravioli with marinara.....\$11

Homemade meat lasagna\$11

White truffle shrimp Sauce\$12

Penne eggplant zucchini\$11

Spaghetti Carbonara – bacon – cream sauce\$11

HOUSE SPECIALTIES

Turkey Meat Loaf served with brown rice and kale\$10

Turkey Burger served with roasted potatoes\$9

Chicken Parmigiana.....\$13

Breaded herbed chicken breast baked in rich tomato sauce and mozzarella, served with spaghetti and marinara

Chicken Milanese.....\$12.50

Roasted breast of chicken wrapped in herbed bread crumbs, served with mixed green salad

Roasted Chicken

Half chicken served with steamed vegetables and roasted potatoes or brown rice.....\$14

ALCOHOLIC BEVERAGES

BEERS \$6

Stella Artois, Peroni, Amstel, Heineken, Corona

REDS glass\$7 bottle \$28

Merlot, Cabernet Sauvignon, Pinot Noir

WHITES glass\$7 bottle \$28

Chardonnay, Sauvignon Blanc, Pinot Grigio,

SPARKLING

Sparkling wine glass\$8 bottle \$28

Mimosa.....\$8

Belini.....\$7



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