

BREAKFAST

BREAKFAST WRAPS

The Sunrise \$3.⁹⁹

Eggs, Rice, Peppers, Salsa & Cheddar Cheese

The Garden Vegetable \$3.⁹⁹

Egg, Tomato, Pepper, Onion & Cheddar Cheese

The Ranchero \$3.⁹⁹

Egg, Black Beans, Rice, Salsa & Cheddar Cheese

The Western \$4.³⁹

Egg, Ham Peppers, Onions & Swiss Cheese

The BELT \$4.³⁹

Bacon, Egg, Lettuce & Tomato

BAGELS

Bagel, plain \$1.¹⁹

w/ Butter and/or Jam \$1.⁶⁵

w/ PB & J \$2.⁹⁹

w/ Cream Cheese \$2.¹⁹

w/ Hummus \$1.⁹⁹

w/ Flavored Cream Cheese \$2.⁷⁵

w/ Cream Cheese & Lox \$6.⁵⁹

BREAKFAST PASTRIES & more

Fruit & Nut Breads \$2.⁶⁹

Muffins, Large \$2.¹⁹

Croissants \$2.¹⁹

Assorted Danish \$2.¹⁹

Yogurt \$1.⁵⁹

Toast or English Muffin \$1.¹⁵

Oatmeal \$3.²⁵ w/ Milk \$3.⁷⁵

Cereal Bowl \$1.⁷⁹

BREAKFAST SANDWICHES

On your choice of White, Whole Grain, Rye or Pumpernickel

Egg Sandwich \$2.⁵⁹

Egg & Cheese \$3.⁰⁹

Egg & Cheese w/ Bacon, Ham or

Sausage Patty \$3.⁹⁹


LUNCH

= Vegetarian Dishes

DELI FAVORITES

On your choice of White, Wheat, 9 - Grain, Rye or Pumpernickel with Lettuce, Tomato, Mayo, Onion, Dill Pickle Slices, Yellow or Spicy Brown Mustard, Hot Pepper Relish and/or Banana Peppers

 Cheese \$4.⁸⁹

 Peanut Butter & Jelly \$3.³⁹

 Egg Salad \$4.⁸⁹

Chicken or Tuna Salad \$5.⁸⁹

Roast or Smoked Turkey \$5.⁸⁹

Cajun Turkey \$5.⁸⁹

Ham & Cheese \$6.³⁹

Roast Beef \$5.⁸⁹

BLT \$5.⁸⁹

Deli Extras...

Extra Meat - Add \$2.⁹⁹

Extra Cheese - Add 55¢

On a Croissant - Add 99¢

MAKE IT A COMBO

Chips & Fountain Soda \$2.¹⁹/\$2.⁴⁵

SPECIALTY SANDWICHES

 Hummus Veggie Pita \$5.⁶⁹

 Spinach Melt Pita \$5.⁸⁹

Steak & Cheese \$6.⁷⁵

Half & Half \$6.⁷⁵

Seasoned Steak & Chicken w/ Mayo, Lettuce, Tomato & Melted Provolone

Ham & Turkey Club \$6.⁷⁵

Chicken Hummus Veggie Pita \$6.⁷⁵

Seasoned Chicken Pita \$6.³⁹

Chicken Parmesan on Baguette \$6.⁷⁵

East Coast Turkey \$6.⁷⁵

Roast Turkey, Swiss Cheese, Lettuce, Tomato, Slaw & Russian Dressing

West Coast Turkey \$6.⁷⁵

Smoked Turkey, Swiss, Lettuce,

Tomato, Avocado, & Honey Mustard

LUNCH

Italian Cold Cut \$6.⁷⁵

Salami, Ham, Provolone, Lettuce, Tomato, Onion & Vinaigrette

American Sub \$6.⁷⁵

Baguette filled with Turkey, Ham, Roast Beef, Cheddar, Lettuce, Tomato & Onion

SPECIALTY WRAPS

 Big Vegetarian Burrito \$6.¹⁹

Salsa, Rice, Black Beans & Cheddar Cheese

 The Greek Veggie \$6.¹⁹

Peppers, Onions, Cucumbers, Olives, Feta Crumbles & Lettuce

 Roasted Veggie & Provolone \$6.¹⁹

Eggplant, Squash, Peppers, Onions & Tomatoes w/ Provolone Cheese

The Neptune \$6.⁷⁵

Seafood Salad w/ Sliced Avocado

Sesame Chicken \$6.⁷⁵

Sesame Chicken with Carrots, Peppers, Pineapple & Rice

The Southwestern \$6.⁷⁵

Chicken, Salsa, Rice, Black Beans, & Cheddar Cheese

Cajun Turkey \$6.⁷⁵

Cajun Turkey, Pepper Jack Cheese, Lettuce, Tomato & Ranch Dressing

The Smokin' Turkey \$6.⁷⁵

Smoked Turkey, Swiss Cheese, Carrots, Lettuce & Honey Mustard

The Chicken Caesar \$6.³⁹

Sliced Chicken Breast, Romaine, Parmesan & Caesar Dressing

BBQ Chicken \$6.⁷⁵

White Meat Chicken smothered in BBQ Sauce with Rice, Beans & Shredded Jack Cheese



LUNCH

SOUPS CHILI & MORE

Our soups are homemade.
Ask about the daily vegetarian options.

Bowl of Soup \$4.²⁹
with a Salad \$6.²⁹
with ½ Sandwich \$6.⁹⁹

Cup of Soup \$3.²⁹
with a Salad \$5.²⁹
with ½ Sandwich \$6.⁰⁹

Bowl of Chili \$5.⁵⁹
with a Salad \$7.⁵⁹
with ½ Sandwich \$8.⁰⁹

Cup of Chili \$4.²⁹
with a Salad \$6.⁵⁹
with ½ Sandwich \$7.⁰⁹

LUNCH BOXES

Choice of Side Salad & Dessert

Deli Sandwich \$8.⁴⁹
Specialty Sandwich or Wraps \$8.⁹⁹

SIDES

Potato Chips, small \$1.⁰⁹
Potato Chips, large \$1.³⁵
Fresh Whole Fruit \$1.⁰⁹
Kosher Dill Pickle \$1.⁵⁰
Candy Bars / M&M's \$1.¹⁹

SIDE SALADS

Garden \$3.⁶⁹
Caesar OR Spinach \$4.⁵⁹
Tabbouleh, Lentil, 4-Bean \$2.⁹⁹
Pasta, Orzo \$2.⁹⁹
Fruit Salad \$3.¹⁹
Cole Slaw or Potato Salad \$2.⁴⁹

We offer different Homemade
Vegetarian & Non Vegetarian
Soups & Chili **DAILY!!!**

LUNCH

ENTRÉE SALADS & MORE

Additional Chef Prepared Entrée Salad Specials.

Mediterranean Sampler \$6.⁹⁹
Hummus, Pita Chips & your choice
of 2 of the following Salads: Lentil,
4Bean, Orzo, Fruit, Cole Slaw, Tabbouleh, Pasta

Greek Sampler \$6.⁹⁹
Greek Salad presented with
Hummus and Pita Chips

Greek Salad \$4.⁵⁹ / \$6.³⁹
Romaine, Tomatoes, Cucumbers,
Peppers, Kalamata Olives & Feta
with Red Wine Vinaigrette

Hummus & Pita Chips \$5.⁶⁹
Chicken Caesar Salad \$5.⁸⁹ / \$7.⁷⁹
Chef's Salad \$7.⁷⁹

Mixed Greens, Turkey, Ham,
Cheddar Cheese, Provolone,
Tomatoes & Cucumbers

Cobb Salad \$7.⁷⁹
Mixed Greens, Chicken, Bacon,
Avocado, Cheese, Tomato &
Hard Boiled Egg

Sesame Chicken Salad \$7.⁷⁹
Mixed Greens, Chicken Breast,
Mandarin Oranges, Bell Peppers,
Almonds, Sesame Ginger Dressing

Deli Salad Trio \$8.⁹⁹
Mixed Greens, topped with a Scoop
of Tuna, Chicken & Egg Salad,
accompanied w/ Tomato Wedges

Scoop of Seafood, Tuna, Egg
or Chicken Salad \$3.⁹⁹

Deli Salad over Greens \$7.⁷⁹
Garden Salad topped with a Scoop
of Tuna, Chicken, Seafood or Egg
Salad

Check out our daily
Entrée Salad & Sandwich
Specials

Sweets

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Bread Pudding \$2.⁹⁹
Rice Pudding \$3.¹⁹
Baklava \$3.⁹⁹
Donut \$1.²⁹
Brownies \$2.⁶⁹

Assorted Cookies, Large \$2.²⁹
Assorted Cookies, Small 89¢
Pound Cake Slices \$2.⁶⁹
Cake Slice \$3.¹⁹

Beverages

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Coffee, Large \$1.⁷⁹
Coffee, Small \$1.³⁹
Hot Tea \$1.⁶⁹
Iced Tea \$1.⁶⁹
Assorted Canned Sodas \$1.¹⁹
Fountain Soda, Large \$1.⁷⁹
Fountain Soda, Small \$1.⁴⁹
Bottled Water, Large \$2.²⁹
Bottled Water, Small \$1.²⁹
Bottled Juice, Large \$2.¹⁹
Bottled Juice, Small \$1.⁷⁹
Milk, 16 oz. \$1.⁵⁹ 12 oz. \$1.³⁹
Specialty Cold Beverages \$2.⁴⁹

Prices are subject to change
without notice

