






DELI FAVORITES

ON YOUR CHOICE OF WHEAT, 9 GRAIN, RYE, PUMPERNICKEL, CROISSANT, SOURDOUGH, BAGUETTE, KAISER ROLL, CIABATTA BREAD, WHITE PITA OR WHEAT PITA

 = VEGETARIAN

 PEANUT BUTTER & JELLY OR NUTELLA.....	\$3.73
 CHEESE SANDWICH	\$4.89
 EGG SALAD	\$5.38
CHICKEN OR TUNA SALAD	\$6.48
ROAST OR SMOKED TURKEY	\$6.48
SMOKED HAM	\$6.48
ROAST BEEF	\$6.48
BLT	\$6.48
TARRAGON CHICKEN SALAD (GRAPES, WALNUTS, TARRAGON).....	\$6.48
CAJUN TURKEY (BLACKENED SEASONING).....	\$6.48

SOUPS, COMBOS & CHILI

CUP OF SOUP.....	\$3.62	BOWL OF SOUP	\$4.72
WITH A SIDE SALAD	\$6.90	WITH A SIDE SALAD	\$7.99
WITH ½ SANDWICH	\$7.13	WITH ½ SANDWICH	\$8.20
WITH A GREEN SALAD	\$7.99	WITH A GREEN SALAD	\$9.20
CUP OF CHILI	\$4.72	BOWL OF CHILI	\$6.15
WITH A SIDE SALAD	\$8.02	WITH A SIDE SALAD	\$9.45
WITH ½ SANDWICH	\$8.20	WITH ½ SANDWICH	\$9.66
WITH A GREEN SALAD	\$9.22	WITH A GREEN SALAD	\$10.50

Alk Spice

Café & Catering

WRAPS

SIGNATURE WRAPS

ON YOUR CHOICE OF WHOLE WHEAT, SPINACH,
SUN DRIED TOMATO OR FLOUR TORTILLA

✓ = VEGETARIAN

- ✓ **ROASTED VEGGIE & HUMMUS WRAP**\$6.81
 ROASTED HOUSEMADE HUMMUS, RED ONIONS, BELL PEPPER,
EGGPLANT, YELLOW & GREEN ZUCCHINI & FETA CHEESE.
- ✓ **BIG VEGETARIAN BURRITO**\$6.81
 BLACK BEANS, SEASONED RICE, PICO DE GALLO, HOT SAUCE &
SHREDDED CHEDDAR CHEESE.
- ✓ **THE GREEK VEGGIE WRAP**\$6.81
 LETTUCE, TOMATO, CUCUMBERS, ONIONS, GREEN PEPPERS,
KALAMATA OLIVES, BANANA PEPPERS, FETA CHEESE & RED WINE
VINAIGRETTE.
- THE SOUTHWESTERN WRAP**\$7.43
 SEASONED CHICKEN, SEASONED RICE, BLACK BEANS, SHREDDED
CHEESE, PICO DE GALLO & HOT SAUCE.
- CAJUN TURKEY WRAP**\$7.43
 CAJUN SEASONED ROASTED TURKEY, LETTUCE, TOMATO,
PEPPERJACK CHEESE & RANCH DRESSING.
- THE SMOKIN' TURKEY WRAP**\$7.43
 SMOKED TURKEY, LETTUCE, CARROTS, SWISS, HONEY DIJON
DRESSING.
- THE CHICKEN CAESAR WRAP**\$7.43
 SEASONED CHICKEN, ROMAINE LETTUCE, PARMESEAN,
FETA CHEESE & CAESAR DRESSING.
- BBQ CHICKEN WRAP**\$7.43
 SEASONED CHICKEN, BBQ SAUCE, SEASONED RICE, BLACK BEANS
& SHREDDED CHEESE.
- SESAME CHICKEN WRAP**\$7.43
 SESAME SEASONED CHICKEN, SEASONED RICE, GREEN PEPPERS,
PINEAPPLE, CARROTS, LETTUCE, WITH SESAME GINGER DRESSING.

ALLSPICE

Café & Catering

BEVERAGES

COFFEE 12oz / 16oz	\$1.39 / \$1.79
HOT TEA	\$1.69
CANNED SODAS	\$1.25
BOTTLED SODAS	\$1.89
FOUNTAIN SODA - SMALL / LARGE	\$1.79 / \$2.49
BOTTLED WATER 16oz / 1L	\$1.39 / \$2.89
BREWED ICED TEA - SMALL / LARGE	\$1.79 / \$2.49
SPARKLING WATER	\$1.79
ASSORTED BOTTLED NANTUCKET JUICES OR SNAPPLE ICED TEAS.....	\$2.19

SIDES


COLD SIDE SALADS, MIXED FRUIT SALAD, LENTIL, TABBOULEH, ORZO WITH FETA, VEGGIE PASTA, COLESLAW. MADE FRESH. -\$2.99

HARD BOILED EGG	\$.99
FRESH WHOLE FRUIT	\$.99
FRESH BAKED COOKIES.....	\$.89
CANDY BARS	\$1.19
POTATO CHIPS	\$1.09
DIRTY CHIPS	\$1.35
TRAIL MIX.....	\$1.59

FRESH PASTRIES

FRESHLY BAKED MUFFINS.....	\$2.29
DONUTS.....	\$1.38
APPLE FRITTER.....	\$2.29
CROISSANT.....	\$2.19
YOGURT PARFAIT WITH BLUEBERRIES OR STRAWBERRIES AND GRANOLA	\$2.75

SPECIALTY SANDWICHES

ON YOUR CHOICE OF WHEAT, 9 GRAIN, RYE, PUMPERNICKEL, SOURDOUGH, BAGUETTE, KAISER ROLL CROISSANT, CIABATTA BREAD, WHITE OR WHEAT PITA.  = VEGETARIAN

- ✓ HUMMUS VEGGIE PITA\$6.26**
LETTUCE, TOMATO, CUCUMBER, BELL PEPPERS, ONIONS, CARROTS & HOUSEMADE HUMMUS
- ✓ SPINACH MELT PITA\$6.48**
SPINACH MIX WITH PROVOLONE, SWISS, FETA CHEESE WITH TOMATO & CUCUMBER
- ✓ CAPRESE\$7.35**
CIABATTA, HOMEMADE PESTO, TOMATOTES, ARUGULA & MOZZARELLA
- HAM & TURKEY CLUB\$7.42**
3 SLICES OF BREAD, ROAST TURKEY, SMOKED HAM, BACON, CHEESE, LETTUCE, TOMATOES & MAYO
- AMERICAN SUB\$7.99**
SMOKED TURKEY, SMOKED HAM, ROAST BEEF, CHEDDAR, LETTUCE, TOMATO, MAYO & ONION ON BAGUETTE
- ITALIAN COLD CUT\$7.42**
SMOKED HAM, SALAMI, PROVOLONE, LETTUCE, TOMATOES, ONIONS & OIL/VINEGAR ON BAGUETTE
- CHICKEN HUMMUS VEGGIE PITA\$7.42**
LETTUCE, TOMATO, CUCUMBER, PEPPERS, ONIONS, CARROTS, FETA CHEESE & HOUSEMADE HUMMUS
- SEASONED CHICKEN PITA\$7.05**
SEASONED CHICKEN WITH LETTUCE, TOMATES, MAYO & FETA
- EAST COAST TURKEY\$7.42**
ROAST TURKEY, SWISS CHEESE, RUSSIAN DRESSING, COLE SLAW, LETTUCE & TOMATO
- WEST COAST TURKEY\$7.42**
SMOKED TURKEY, SWISS CHEESE, AVOCADO, LETTUCE, TOMATO & HONEY DIJON
- STEAK & CHEESE\$7.42**
STEAK, PROVOLONE, LETTUCE, TOMATO & MAYO ON BAGUETTE OR PITA
- HALF & HALF\$7.42**
SEASONED CHICKEN & STEAK, PROVOLONE, LETTUCE, TOMATO & MAYO ON BAGUETTE OR PITA
- TUNA MELT\$7.42**
HOUSEMADE TUNA SALAD, CHOICE OF CHEESE, LETTUCE, TOMATO
- TURKEY CHIPOTLE\$7.99**
SMOKED TURKEY, CHIPOTLE MAYO, PEPPERJACK, AVOCADO, ARUGULA & TOMATO

BAGELS AND BREADS

BAGEL, ENGLISH MUFFIN OR BREADS (PLAIN)	\$1.30
WITH BUTTER AND / OR JAM	\$1.81
WITH CREAM CHEESE, PEANUT BUTTER OR HUMMUS	\$2.40
WITH PEANUT BUTTER & JELLY OR NUTELLA	\$3.29

BREAKFAST SANDWICHES

CHOICE OF BAGELS, BREADS OR ENGLISH MUFFIN / EGG WHITES AVAILABLE UPON REQUEST

EGG SANDWICH	\$2.84
EGG & CHEESE SANDWICH	\$3.39
EGG & CHEESE WITH BACON, HAM OR SAUSAGE PATTY SANDWICH	\$4.39
SKINNY AVOCADO ON ENGLISH MUFFIN	\$5.65
EGG WHITE, AVOCADO, TOMATOES, SPINACH & PEPPERJACK WITH LITE MAYO	

BREAKFAST WRAPS

THE SUNRISE	\$4.39
EGG, RICE, BELL PEPPERS, PICO DE GALLO & CHEDDAR CHEESE	
THE GARDEN VEGETABLE	\$4.39
EGG, TOMATO, BELL PEPPERS, ONIONS, CHEDDAR CHEESE & PICO DE GALLO	
THE RANCHERO	\$4.39
EGG, BLACK BEANS, RICE, PICO DE GALLO & CHEDDAR CHEESE	
THE WESTERN	\$4.89
EGG, HAM, BELL PEPPERS, ONIONS & SWISS CHEESE	
THE ROSSLYN WRAP	\$5.35
EGG, TURKEY, TOMATO, ARTICHOKE HEARTS, BELL PEPPERS WITH PROVOLONE CHEESE AND A HOMEMADE PESTO	