

FOOD FARE MENU

All Items are Available All Day – Phone Orders Welcomed (757) 272-1125

Sandwiches, Wraps, and Cold Plates \$4.95

Chips and other seasonal side items available at extra cost

Meats: Roast Beef, Ham, Turkey, Grilled Chicken Chunks, or Chicken Salad

Cheeses: Swiss, Provolone, or Pepperjack

Breads: Croissant, Honey Wheat, or Pumpernickel Rye – toasted bread available

Condiments: Regular or Hot & Spicy Mayo, Spicy Mustard, Sliced Tomato, and/or Romaine Lettuce

Vegetable & fruit only versions available upon request

Cold plates are available with meats, vegetables, and fruits without the bread or cheeses

Sandwich and Wrap Combos available for \$6.95 including choice of side and a grande-brewed iced tea, bottled water, or a soft drink.

Other Sandwiches and Wraps

BLT (Bacon, Lettuce, and Tomato)

with your choice of sliced, toasted bread \$3.25

With grande brewed iced tea, bottled water, or soft drink \$3.95

Hot Chicken Salsa or Chicken Bacon Swiss Wrap \$4.95

Chips and other seasonal side items available at extra cost

Chicken Salsa Wrap: Grilled chicken, salsa, and Pepperjack cheese heated and served in a Tortilla

Chicken Bacon Swiss: Grilled chicken, swiss cheese, two strips of bacon, heated and in a Tortilla

Sandwich and Wrap Combos available for \$6.95 including choice of side and a grande-brewed iced tea, bottled water, or a soft drink.

Salads

Spinach Side Salad \$1.99

Spinach, carrots, cabbage, feta cheese, sliced almonds, and dried cranberries served with Caesar Vinaigrette Dressing

Spinach Salad \$4.95

Large portion of spinach, carrots, cabbage, feta cheese, sliced almonds, and dried cranberries, with choice of cherry tomatoes, broccoli, and/or cucumbers added served with Caesar Vinaigrette Dressing Add grilled chicken (hot or cold) for \$0.99

Soups

Vegetable Beef or Chicken Noodle, \$3.50

Half Soup and Sandwich/Wrap option available for \$4.95

Quiches and Chicken Pot Pie

Quiche of the Day or Chicken Pot Pie \$3.99 per slice

Breakfast Items

Breakfast Sandwich served on croissant, bagel, English muffin, or toast

Choose from ham, turkey, roast beef, sausage, bacon, or egg. Includes one slice of cheese \$2.25

Breakfast Burrito (egg, sausage, cheese, and peppers and onions), \$3.25

Plain bagel or croissant, toasted, served with either jelly, cream cheese, or butter, \$1.25

Cinnamon Nut Twist, \$1.25

All food fare items are available for carry out upon request. - Combo prices are not available for catered functions. Large carryout/phone in orders or orders placed during major shopping holidays may require additional preparation time.

Version Date: January 18, 2008 Prices or menu items subject to change without notice