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BREAKFAST**Burrito [467cal] 3.95**

tortilla, hashbrown, egg, cheddar cheese, bacon

Bowl [374cal] 4.95

hash brown, egg, cheddar cheese, bacon

Oatmeal [367cal] 3.95 

raisin, cranberry, walnut, brown sugar

Bagel Toast [325cal] 2.95 

bagel with choice of cream cheese or peanut butter

*** BREAKFAST PANINIS SPECIAL *****[EVERYDAY] Triple Cheese Panini [495cal] 4.95** 

ciabatta, mozzarella, cheddar, havarti

[MON] Tomato Pesto Panini [418cal] 4.95 

basil pesto, tomatoes, mozzarella cheese

[TUE] Olive Panini [450cal] 4.95 

olive, tomatoes, mozzarella cheese, cheddar cheese

[WED] Mushroom Panini [432cal] 4.95 

sauteed mushroom/onion, havarti cheese, cheddar cheese

[THR] Honey nut Panini [605cal] 4.95 

cream cheese, cheddar cheese, walnut, cranberry & honey

[FRI] Tomato Pesto Panini [418cal] 4.95 

basil pesto, tomatoes, mozzarella cheese

PANINIS SERVED ON CIABATTA ROLL, VG Panini available

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TERIYAKI & BENTO**Teriyaki Chicken [520cal] 7.95**

chicken, baby carrot, broccoli, brown or white rice

Chicken w/ Pot sticker & Rice [485cal] 7.95

chicken pot stickers, baby carrot, broccoli, brown or white rice

Fried Rice [501cal] 7.95

chicken, egg, carrot, pea, white rice

Veggie Bowl [355cal] 7.95 

broccoli, zucchini, cabbage, carrot, cauliflower, vegan cheese, brown rice

Hot Spicy noodle [500cal] 6.95**DAILY SPECIAL****[MON] Bul-go-ki Rice Bowl [519cal] 8.95**

beef, romaine lettuce, choice of white or brown rice.

[MON] Bul-go-ki Panini [493cal] 8.95

beef, sautéed onion, tomatoes, mozzarella cheese

[TUE] Bi-bim-bap [475cal] 8.95beef, egg, romaine lettuce, bean sprout, carrot, cucumber, special spicy sauce, white or brown rice - **VG** available**[TUE] Baked potato [570cal] 6.95**

potato, cheddar cheese, butter, sour cream, chives, tomatoes, bacon

[WED] Chicken Curry [560cal] 7.95

chicken, potatoes, carrots, onions, celery, curry sauce. served over white or brown rice.

[THR] Chicken Caesar Wrap [611cal] 7.95

tortilla, chicken, white rice, parmesan cheese, romaine lettuce, tomatoes, caesar dressing.

[FRI] Mapo Tofu [510cal] 7.95 

organic tofu, carrots, peas, onions, rice, Chinese spicy sauce

[FRI] Baked potato [570cal] 6.95

baked potato, cheddar cheese, sour cream, chives, bacon

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GRAB & GO SANDWICHES

Turkey, Ham, Roast Beef, Salami

California Turkey, Monaco Turkey

Tuna Salad, Egg Salad , Veggie Hummus Vegan 

Turkey Wrap - 7.95

VG Wrap - 7.95 

7.50

6.95

LUNCH PANINIS**Turkey Panini [545cal] 7.95**

turkey, tomatoes, cheddar, havarti, mayo, honey, whole grain mustard

Ham Panini [555cal] 7.95

ham, tomatoes, cheddar, havarti, mayo, honey, whole grain mustard

Roast Beef Panini [545cal] 7.95

roast beef, tomatoes, cheddar, havarti, mayo, honey, whole grain mustard

Tuna Melt [480cal] 7.95

tomatoes, tuna, celery, green onion, mayo, swiss cheese

SOUP**12 OZ - 3.95****[MON] Chili**  & Chicken wild rice**[TUE] Lentil**  & Chicken wild rice**[WED] Cheddar Broccoli**  & Chicken wild rice**[THR] Hungarian mushroom**  & Chicken wild rice**[FRI] Chicken noodle**

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GRAB & GO SALADS

Garfield's, Chef's, Cobb, Caesar

Mediterranean, Tofu Salad Green Salad , Garden Salad Udon Noodle Salad , Veggie Tray Fresh Fruit (Seasonal) 4.25 

[Orange/Berries/Grapes]

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8.95

5.95

COFFEE & TEA**ESPRESSO**12 oz / 16 oz12 oz / 16 oz

DRIP COFFEE 1.95 / 2.45

AMERICANO 2.45 / 2.95

COLD BREW 3.00 / 3.50

LATTE 3.25 / 3.95

HOT TEA 2.25 / 2.45

MOCHA 3.75 / 4.45

ICED TEA 1.95 / 2.45

Add Flavor *0.50

(Vanilla, Hazelnut, Caramel)

Soy Milk 0.75

Add Shot 0.75

* Sugar Free available

 Vegetarian Vegan