

# SOUPS

|        |         |
|--------|---------|
| SMALL  | \$2.65  |
| MEDIUM | \$3.95  |
| LARGE  | \$5.25  |
| SOUPER | \$6.95  |
| FAMILY | \$9.40  |
| KETTLE | \$85.00 |

# SANDWICHES

## SANDWICH TOPPINGS

TOMATOES, CUCUMBER, GREEN PEPPER, LETTUCE,  
RED ONION, GREEN OLIVES, SPINACH, DILL PICKLE,  
VEGAN CHEESE SPREAD

## DRESSING

MAYO, MUSTARD, DIJON MUSTARD, HONEY MUSTARD,  
VINAIGRETTE, BBQ SAUCE, CHIPOTLE MAYO

|                   | SMALL  | LARGE  |
|-------------------|--------|--------|
| HAM               | \$3.10 | \$5.80 |
| CORNER BEEF       | \$3.10 | \$5.80 |
| VEGGIE & CHEESE   | \$2.65 | \$5.25 |
| SMOKED TURKEY     | \$3.10 | \$5.80 |
| PULLED PORK       | \$3.10 | \$5.80 |
| BBQ CHICKEN       | \$3.10 | \$5.80 |
| VEGAN PULLED JACK | \$3.10 | \$5.80 |
| TUNA              | \$3.10 | \$5.80 |
| EGG SALAD         | \$2.65 | \$5.25 |

ALL SMALL SANDWICHES SERVED  
ON WHOLE WHEAT OR WHITE BUN  
FOR GLUTEN FREE ADD \$1.00

LARGE SANDWICHES SERVED ON WHOLE WHEAT BREAD,  
WHITE BREAD, MULTI GRAIN BREAD, RYE BREAD,  
SOUR DOUGH BUN, ONION BUN, CHEESE BUN  
OR WHOLE WHEAT WRAP  
ADD CHEDDAR OR SWISS \$.75

## SALADS

|        |        |
|--------|--------|
| SMALL  | \$3.10 |
| MEDIUM | \$4.75 |
| LARGE  | \$5.95 |

HERB & CHEESE TORTELLINI

CURRIED CAULIFLOWER  
& CHICK PEA

GREEK

WILD RICE & KALE

SANTE FE CHICKEN

KALE SLAW

BROCCOLI & CHEDDAR

TUNA PASTA

VEGETABLE QUINOA  
5 BEAN

|        |        |
|--------|--------|
| POP    | \$1.25 |
| WATER  | \$1.95 |
| JUICE  | \$1.50 |
| COFFEE | \$1.50 |
| TEA    | \$1.50 |

## COMBOS

### SOUP & SMALL SANDWICH OR SALAD

|        |        |
|--------|--------|
| SMALL  | \$5.25 |
| MEDIUM | \$6.60 |
| LARGE  | \$7.90 |
| SOUPER | \$9.40 |

### SOUP & LARGE SANDWICH OR SALAD

|        |         |
|--------|---------|
| SMALL  | \$7.90  |
| MEDIUM | \$9.25  |
| LARGE  | \$10.50 |
| SOUPER | \$11.80 |

SMALL SANDWICH AND SMALL SALAD \$5.80

LARGE SANDWICH AND SMALL SALAD \$8.40

### CUBAN SANDWICHES

**\$6.25**

GRILLED ON A BAGUETTE WITH PICKLES, RED ONION,  
SWISS CHEESE, CUBAN SPICES AND CHOICE OF MUSTARD

CHOICE OF  
PULLED PORK CHICKEN PULLED JACK (VEGETARIAN)

MAKE IT A COMBO

ADD SMALL SOUP \$8.25

ADD SMALL SALAD \$8.75

# SMOOTHIES

SMALL \$3.75 MEDIUM \$4.85 LARGE \$6.95

**RASPBERRY RUSH**  
RASPBERRY SORBET, YOGURT, RASPBERRY, APPLE JUICE

**BANANAS CARUBA**  
YOGURT, BANANAS, CARAMEL, PINEAPPLE JUICE

**MOCHACCINO**  
YOGURT, ESPRESSO, COCOA, MILK

**OUTRAGEOUS ORANGE**  
YOGURT, STRAWBERRY, RASPBERRY,  
BLACKBERRY, APPLE JUICE

**COOL BERRY**  
ORANGE SORBET, YOGURT, ORANGES, ORANGE JUICE

**CHUNKY MONKEY**  
YOGURT, BANANAS, PEANUT BUTTER, COCOA, MILK

**CARAMEL CAFE LATTE**  
YOGURT, ESPRESSO, CARAMEL, MILK

**ORANGE SUNSET**  
YOGURT, ORANGE SORBET, MANGO, PEACHES,  
ORANGES, ORANGE JUICE

**CHERRY BERRY BURST**  
YOGURT, BLACKBERRY, CHERRY, APPLE JUICE

**MATCHA CHAI TEA**  
YOGURT, CHAI, GREEN TEA, MILK

**GREEN GOODNESS**  
KALE, SPINACH, MINT, PAPAYA, ALMONDS, MILK

**PURPLE RAIN**  
YOGURT, BLUEBERRY, BLACKBERRY, BANANA,  
PINEAPPLE JUICE

**CHOCOLATE MINT**  
YOGURT, PEPPERMINT, COCOA, MILK

**SPICED APPLE CIDER**  
YOGURT, APPLE, SPICES, APPLE JUICE

**PEACH PASSION**  
YOGURT, PEACHES, PASSION FRUIT, ORANGE JUICE

# BUILD YOUR OWN SMOOTHIE

SMALL \$3.75 MEDIUM \$4.85 LARGE \$6.95

## CHOOSE 1-3 FRUIT

BANANA  
STRAWBERRY  
MANGO  
PEACH  
RASPBERRY  
BLUEBERRY  
BLACKBERRY  
PINEAPPLE  
APPLE  
PAPAYA

## CHOOSE A JUICE OR MILK

APPLE JUICE  
PINEAPPLE JUICE  
PASSION ORANGE GUAVA  
ORANGE JUICE  
ICED TEA  
SKIM MILK  
SOY MILK +\$.85  
ALMOND MILK +\$.85

## CHOOSE A BASE

VANILLA FROZEN YOGURT  
GREEK YOGURT  
SPINACH & KALE

## CHOOSE AN EXTRA

GINSENG +\$.85  
HEMP HEARTS +\$.85  
CREATINE + \$.99  
CHAI SEEDS + \$.85  
SPIRULINA +\$.85  
GROUND FLAX SEEDS +\$.85  
MATCHA + \$.85  
ACAI +\$.99  
SOY PROTEIN +\$.99  
WHEY PROTEIN +\$.99