

## Bagels

**Plain Bagel**.....\$2.99

*Freshly baked bagel flavored with sugar and molasses.*

**Sesame Bagel**.....\$3.99

*Freshly baked bagel topped with nutty sesame seeds.*

**Asiago Bagel**.....\$3.99

*Freshly baked bagel made with chunks of asiago cheese baked inside and topped with more asiago.*

**Whole Grain Bagel**.....\$3.99

*Freshly baked bagel made from whole spelt flour, millet, flaxseed and other wheat flours, sweetened with honey and topped with rolled oats.*

**Everything Bagel**.....\$3.99

*Freshly baked bagel topped with sesame seeds, poppy seeds, garlic, toasted onion and kosher salt.*

**Cinnamon Crunch Bagel**.....\$3.99

*Freshly baked bagel made with cinnamon and vanilla chips to flavor the dough and topped with a crunchy shell of cinnamon and sugar.*

**Chocolate Chip Bagel**.....\$3.99

*Freshly baked bagel made with chocolate flavored chips.*

Asiago Bagel



Chocolate Chip Bagel

## Pastries And Sweets

**Cherry Pastry**.....\$2.99

*Freshly baked pastry made with our special recipe pastry cream topped with whole cherry filling and white icing.*

**Double Fudge Brownie**.....\$1.99

*A rich, fudge-like brownie with chocolate chunks topped with chocolate flavored icing.*

**Cinnamon Roll**.....\$1.99

*Freshly baked sweet dough with cinnamon-sugar filling and topped with white icing.*

**Wild Blueberry Scone**.....\$2.99

*Freshly baked, cream-based scone overfilled with plump, wild blueberries.*

**French Croissant**.....\$2.50

*Our special croissant dough, freshly baked in the traditional crescent shape served with sauce.*

**Pumpkin Cookie**.....\$2.50

*Freshly baked, pumpkin-shaped shortbread cookie with icing to look like a pumpkin.*

**Pecan Roll**.....\$2.00

*Freshly baked sweet dough with cinnamon-sugar filling and topped with caramel and pecans.*

Cherry Pastry



Double Fudge Brownie



A Loaf Of Bread In Every Arm

## Salads

**Spinach Power Salad**.....\$7.99  
*Fresh baby spinach, a roasted mushroom and onion blend, hard-boiled eggs, applewood-smoked bacon and frizzled onions with our smoky Vidalia onion vinaigrette.*

**Caesar Salad**.....\$9.99  
*Romaine lettuce, asiago-parmesan cheese and homemade asiago cheese croutons with our special Caesar dressing*

**Classic Salad**.....\$8.99  
*Mixed field greens and romaine lettuce topped with vine-ripened tomatoes, cucumbers, red onions and our reduced-fat balsamic vinaigrette.*

**Greek Salad**.....\$7.99  
*Romaine lettuce, vine-ripened tomatoes, feta cheese, red onions, kalamata olives, pepper and our Greek dressing.*

**BBQ Chicken Salad**.....\$8.99  
*All-natural, antibiotic-free chicken, romaine lettuce, roasted corn, black beans and tortilla strips with BBQ ranch dressing and drizzled with BBQ sauce.*

**Asian Sesame Chicken Salad**.....\$6.99  
*All-natural, antibiotic-free chicken, romaine lettuce, fresh cilantro, sliced almonds, sesame seeds and crispy wonton strips with our reduced-sugar Asian sesame vinaigrette.*

Classic Salad



BBQ Chicken Salad

## Sandwiches

**Roasted Turkey & Avocado BLT**.....\$6.99  
*All-natural, antibiotic-free roasted turkey, apple wood smoked bacon, lettuce, tomato and fresh avocado with reduced-fat olive oil mayo on our Sourdough bread.*

**Big Kid Grilled Cheese**.....\$8.99  
*Gruyere, Vermont white cheddar, organic American cheese and applewood-smoked bacon grilled on our All-Natural White Miche.*

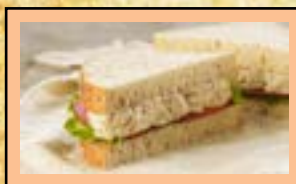
**Bacon Turkey Bravo Sandwich**.....\$6.99  
*Mixed field greens and romaine lettuce topped with vine-ripened tomatoes, cucumbers, red onions and our low fat balsamic vinaigrette.*

**Tuna Salad Sandwich**.....\$8.99  
*Our special recipe tuna salad, leaf lettuce, tomatoes and red onions with salt and pepper served on our Honey Wheat bread.*

**Smoked Turkey Breast Sandwich**...\$7.99  
*Fat-free smoked turkey breast, leaf lettuce, tomatoes, red onions and salt and pepper served on our Country Bread.*

**Sierra Turkey Sandwich**.....\$7.99  
*Smoked turkey breast with chipotle mayo, field greens and red onions on our Asiago Cheese Focaccia.*

Tuna Salad Sandwich



Bacon Turkey Sandwich

## Pasta and Soup

**Vegetarian Creamy Tomato Soup**..\$7.99  
*Vine-ripened pear tomatoes pureed with fresh cream for a velvety smooth flavor accented by hints of red pepper and oregano and topped with our asiago croutons.*

**All-Natural Chicken Noodle Soup**...\$5.99  
*Fresh vegetables and tender all-white meat chicken breast simmered in a delicately seasoned chicken broth with traditional egg noodles.*

**Rustic Penne Bolognese**.....\$8.99  
*Cavatelli, or rustic penne, pasta tossed in our rich Bolognese meat sauce made with tomatoes, onions, garlic, cabernet and olive oil topped with a sprinkle of asiago and parmesan cheese.*

**Basil Pesto Sacchettini**.....\$9.99  
*Our special recipe tuna salad, leaf lettuce, tomatoes and red onions with salt and pepper served on Wheat bread.*

**Rigatoni San Marzano**.....\$5.99  
*fat-free smoked turkey breast, leaf lettuce, tomatoes, red onions and salt and pepper served on Country Bread.*

**Baked Potato Soup**.....\$8.99  
*Cuts of russet potatoes simmered with select seasonings and smoked bacon in a rich cream sauce flavored with spring onion and snipped chives.*

Rustic Penne Bolognese



Baked Potato Soup