

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.

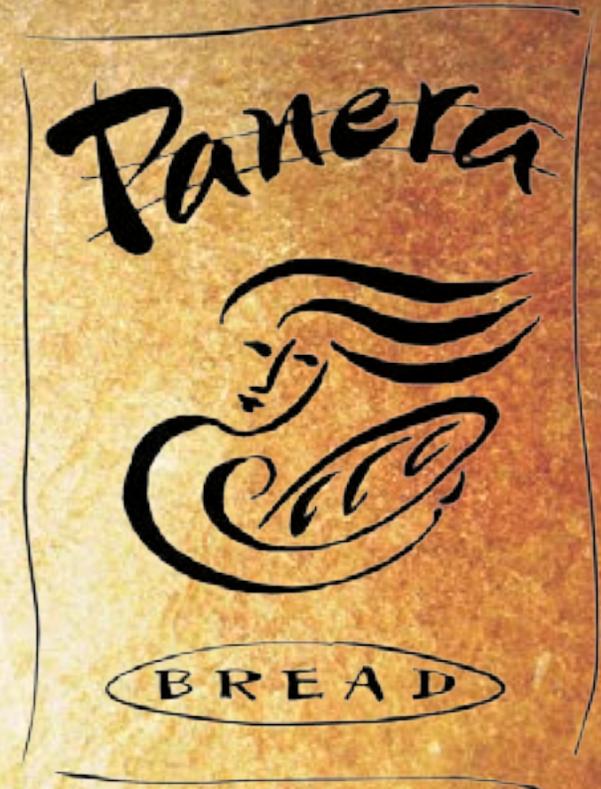
Pecan Roll.....\$2.00

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