

Signature Sandwiches

Bacon Turkey Bravo

Smoked turkey breast, bacon, smoked Gouda, lettuce, tomatoes & our signature dressing, on our Tomato Basil bread.....\$6.59

Chicken Caesar

All-natural, antibiotic-free chicken, Asiago, lettuce, tomatoes, red onions & our Caesar dressing, on our Three Cheese bread.....\$6.59

Italian Combo

Roast beef, smoked turkey, ham, salami, Swiss cheese, peperoncini, lettuce, tomatoes, red onions & our special sauce, on Ciabatta.\$6.89

Asiago Roast Beef

Oven-roasted beef, smoked cheddar, lettuce, tomatoes, red onions & creamy horseradish sauce, on our Asiago Cheese Demi.....\$6.79

Cafe Sandwiches

Smoked Turkey Breast

99% fat-free smoked turkey breast, leaf lettuce, tomatoes, red onions and salt and pepper, all served on sandwich bread.....\$6.29

Sierra Turkey

Smoked turkey breast with chipotle mayonnaise, field greens & red onions on our Asiago Cheese Focaccia.\$6.29

Tuna Salad

Our special recipe tuna salad, leaf lettuce, tomatoes and red onions with salt and pepper, all served on sandwich bread.\$6.29

Signature Panini

Cuban Chicken Panini

All-natural, antibiotic-free chicken, smoked, lean ham, sweet & spicy pickle chips, Swiss, chipotle mayo & sun-dried tomato ale mustard on our Focaccia.\$5.99

Chipotle Chicken

All-natural, antibiotic-free chicken, freshly smoked bacon, smoked cheddar, tomatoes, lettuce, red onions topped off with our signature ancho-chipotle spread.....\$5.79

Frontega Chicken

Smoked & pulled white meat chicken, mozzarella, tomatoes, red onions, chopped basil & chipotle mayonnaise, grilled hot on our Focaccia bread.....\$5.99



Cuban Chicken Panini

Cafe Soups

French Onion

Sliced onion sautéed in sweet butter and seasonings, gently simmered in a light beef broth with essence of tomato, topped with our homemade croutons and Asiago-Parmesan cheese \$6.59

Broccoli Cheddar

Chopped broccoli, shredded carrot and select seasonings simmered in a velvety smooth cheese sauce \$6.59

Low-Fat Vegetarian Black Bean

Plump black beans simmered in a spicy vegetarian broth with onion, red bell pepper, garlic and cumin \$6.79

Baked Potato

Home-style cuts of russet potato simmered with select seasonings and smoked bacon in a rich cream sauce flavored with spring onion and snipped chives \$6.59

New England Clam Chowder

Chopped sea clams, diced potato, celery, onion & traditional seasonings, simmered in a rich, creamy broth..... \$6.99

Cafe Salads

Greek

Romaine lettuce, vine-ripened tomatoes, feta cheese, peperoncini, red onions, Kalamata olives, pepper & our Greek dressing \$4.99

Caesar

Romaine lettuce, Asiago-Parmesan cheese, homemade Asiago cheese croutons & our special Caesar dressing \$4.99

Classic

Mixed field greens & romaine lettuce topped with vine-ripened tomatoes, cucumbers, red onions & mixed with our reduced fat balsamic vinaigrette..... \$4.59

Drinks

Freshly Brewed Coffee

Our light and dark coffee roasts made from some of the finest coffee beans from Central and South America, expertly roasted and brewed to perfection..... \$3.29

Fruit Smoothies

Low-fat mango, peach nectar, orange, wild berry, black berry, and strawberry flavored..... \$3.99

Fountain Drinks

Sprite, Coke, Fanta, Minute Maid, Diet Coke, and Water..... \$1.19



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Mon-Fri: 6:00 AM to 10:00 PM
Sat: 7:00 AM to 10:00 PM
Sun: 7:00 AM to 7:00 PM

Signature Breakfast Sandwiches

Mediterranean Egg White on Ciabatta

All-natural egg whites, a thick slice of Vermont white cheddar, roasted tomatoes, fresh spinach, & basil pesto on our signature, freshly baked Ciabatta bread. \$4.59

Sausage, Egg & Cheese

All-natural egg, a thick slice of Vermont white cheddar and sausage on any bagel..... \$4.99



Mediterranean Sandwich

Bacon, Egg & Cheese

All-natural egg, a thick slice of Vermont white cheddar and Applewood-smoked bacon on any signature bagel..... \$4.99

Asiago Bagel Breakfast Sandwich

Freshly cracked egg, Applewood-smoked bacon and Vermont white cheddar on our Asiago Bagel..... \$4.29

Steak & Egg

Seared top sirloin, all-natural egg, Vermont white cheddar on our Signature Sweet Onion & Poppyseed Bagel..... \$4.29

Egg & Cheese

All-natural egg, and a thick slice of Vermont white cheddar on any signature bagel..... \$3.89

Cafe Breakfast Sandwiches

Breakfast Power Sandwich

All-natural egg, a thick slice of Vermont white cheddar, Applewood-smoked bacon, and smoked, lean ham all grilled on freshly baked Whole Grain bread. \$4.59



Bacon, Egg & Cheese

Egg & Cheese

All-natural egg, and a thick slice of Vermont white cheddar, all grilled on freshly baked Ciabatta..... \$4.29

Bacon, Egg & Cheese

All-natural egg, a thick slice of Vermont white cheddar and Applewood-smoked bacon all grilled on freshly baked Ciabatta..... \$4.99

Steak & Egg

Seared top sirloin, all-natural egg, and Vermont white cheddar on our Signature Sweet Onion & Poppyseed Bagel. \$4.59

Sausage, Egg & Cheese

All-natural egg, a thick slice of Vermont white cheddar, and all-natural sausage on any signature bagel..... \$4.99

Signature Bagels

Cherry Vanilla

Flavored with cherry chips, dried cherries and cranberries, vanilla, honey and brown sugar..... \$1.29

Sweet Onion & Poppyseed Bagel

Our Sourdough bagel filled with dried sweet onion pieces and with added poppyseeds..... \$1.29

Asiago Cheese

Chunks of Asiago cheese baked right in, with even more Asiago on top of the bagel..... \$1.29

Cinnamon Swirl & Raisin

Our sourdough bagel sweetened with cinnamon chips, brown sugar & raisins swirled throughout..... \$1.29

French Toast

Made with sweet maple-flavored & cinnamon chip..... \$1.29

Blueberry

Made with a mix of wild & cultured blueberries..... \$1.29

Chocolate Chip

Flavored with milk chocolate flavored chips..... \$1.29

Cinnamon Crunch

Cinnamon and vanilla chips flavor the dough, topped with a sweet, crunchy shell of cinnamon & sugar..... \$1.29

Pumpkin Pie Bagel

Freshly baked bagel for the holidays featuring pumpkin and spice with a crumb topping and cinnamon sugar mixture, sprinkled with powdered sugar..... \$1.29

Freshly Baked Bagels

Everything

Topped with sesame seeds, poppy seeds, garlic, toasted onion & kosher salt..... \$1.19

Sesame

Topped with nutty sesame seeds..... \$1.19

Plain

Lightly flavored with brown sugar and molasses..... \$1.19

Whole Grain

Made from whole spelt flour, millet, flaxseed & other wheat flours, sweetened with honey & topped with rolled oats..... \$1.19

Cream Cheese Spreads

Plain • Hazelnut • Honey Walnut • Chive & Onion • Veggie • NYStyle Cheesecake • Wild Blueberry..... \$0.49

Artisan Pastries

Carrot Cake with Walnuts

Freshly baked carrot walnut cake filled and topped with cream cheese icing, then finished with a carrot décor piece..... \$2.69

Cherry

Our special recipe pastry cream topped with whole cherry filling & white icing..... \$2.49

Chocolate

Filled with semisweet chocolate bars & topped with honey glaze..... \$2.49

Cinnamon Roll

Our sweet dough with cinnamon-sugar filling, topped with white icing..... \$2.69



Cinnamon Roll

Cookies

Chocolate Duet with Walnuts

Chocolate cookie dough with walnuts, semisweet chocolate chunks & bits of white confectionary chunks..... \$1.79

Oatmeal Raisin

Made with plump raisins & a hint of cinnamon..... \$1.79

Petite Cookies

Twelve mini versions of our cookies..... \$1.29

Chocolate Chipper

A traditional favorite made with semisweet chocolate chips..... \$1.79

Shortbread

A delicate Scottish tea cookie made with butter, flour & sugar.... \$1.79

Candy Cookie

Topped with milk chocolate candies..... \$1.79

Muffins & Muffies

Apple Crunch Muffin

A sweet muffin, filled with chunks of apple and cinnamon then finished with our cinnamon and sugar topping..... \$1.29

Chocolate Chip

Flavored with semi-sweet chocolate chips..... \$1.29

Pumpkin

Made with pumpkin and honey, topped with powdered sugar..... \$1.29

Wild Blueberry

Made with real wild blueberries..... \$1.29