

BREAKFAST

THE GRANDE BURRITO cal. 630 4.99

Scrambled eggs, cheddar cheese,
green onions, diced tomato, sausage,
served with salsa

BACON, EGG & CHEESE CROISSANT cal. 580 5.99

Hickory smoked bacon, scrambled eggs,
Cheddar cheese

BREAKFAST TACOS

BEAN & CHEESE TACO 1.99

EGG & CHEESE TACO 2.29

EGG & BACON or SAUSAGE TACO 2.59

EGG, BRISKET, & CILANTRO TACO 3.69

add Cheese 0.39

FRESH BREWED COFFEE

ESPRESSO, COFFEE & MORE TALL GRANDE VENTI

CARAMEL BRULEE LATTE 4.25 4.85 5.45

PEPPERMINT MOCHA 4.25 4.85 5.45

SUGAR COOKIE ALMONDMILK LATTE 4.25 4.85 5.45

CAFE LATTE cal. 150-200 4.45 4.95 5.65

CAPPUCINO cal. 100-200 4.45 4.95 5.65

CAFE MOCHA cal. 290-450 4.95 5.45 5.65

CARAMEL MACCHIATO cal. 190-310 5.25 5.45 5.65

WHITE CHOCOLATE MOCHA cal. 340-530 5.45 5.85 6.45

ICED COFFEE cal. 60-120 3.45 3.65 4.75

COLD BREW COFFEE cal. 5 3.95 4.45 4.95

FRESHLY BREWED COFFEE 2.65 2.95 3.25

HOT CHOCOLATE

WHITE HOT CHOCOLATE cal. 280-450 3.95 4.25 4.65

PEPPERMINT HOT CHOCOLATE

CUSTOMIZATION OPTIONS FLAVOR .80 NON DAIRY .70 

EXPRESSO SHOT 1.25 Regular or sugar free COCONUT MILK, almond milk, soy milk, oat milk

SMOOTHIES

BANANA PEANUT BUTTER cal. 230 5.49

Low fat milk, banana, peanut butter,
vanilla, honey

STRAWBERRY BANANA cal. 360 5.49

Low fat milk, banana, strawberry,
vanilla, honey

*2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request

SIGNATURE SANDWICHES

CADILLAC CHICKEN on a Multigrain boule cal. 860 8.99

Grilled chicken, provolone cheese,
hickory smoked bacon, Romaine lettuce,
tomato, honey mustard

CHICKEN SALAD SANDWICH on a Croissant NUTS! cal. 630 7.49

Homemade chicken salad, Romaine lettuce,
tomato

TURKEY CHEEZER on a Multigrain boule cal. 830 8.19

Turkey, provolone cheese, Romaine lettuce,
tomato, mayo

ORIGINAL VEGGIE on a French boule cal. 700 7.29

Cucumber, tomato, Romaine lettuce,
roasted reds, avocado slices,
provolone cheese, mayo

BLT on sliced Honey Wheat bread cal. 640 8.29

Six slices of hickory smoked bacon,
Romaine lettuce, tomato, mayo

HOT SANDWICHES

OMG BRISKET SANDWICH on Cuban bread cal. 450 10.49

Shredded brisket, pepper jack cheese,
roasted jalapenos, fresh avocado, green onion,
cilantro

CHICKEN PORTABELLA on Cuban bread cal. 750 8.09

Grilled chicken, marinated portabella mushroom,
roasted reds, Provolone cheese, basil pesto aioli

HOT ITALIAN PRESS on French Boule cal. 640 8.49

Ham, Genoa salami, pepperoni, provolone cheese,
Pepperoncinis and Italian dressing

GRILLED CHEESE cal. 560 4.99

melted provolone and cheddar cheeses
on Texas Toast



SIGNATURE WRAPS

BUFFALO WRAP on a Tomato Basil tortilla

Grilled chicken, cheddar cheese, tomato, Romaine lettuce, buffalo sauce, blue cheese dressing

cal. 750 6.99

TURKEY-BACON-AVOCADO on a Whole Wheat tortilla

Turkey, hickory smoked bacon, fresh avocado slices, Romaine lettuce, tomato, basil pesto aioli

cal. 540 9.49

FIRECRACKER WRAP on a Tomato Basil tortilla

Grilled chicken, pepperjack cheese, roasted reds, Romaine lettuce, horseradish firecracker sauce

cal. 720 7.59



GRAIN BOWLS

SOUTHWEST served with Firecracker sauce

Brown rice, Romaine lettuce, black beans, sautéed corn, fresh chicken, tomatoes, fresh avocado, green onions, fresh cilantro

cal. 450 8.59

ASIAN INSPIRED served with Asian Sesame NUTS!

Brown rice, Romaine lettuce, Mandarin oranges, roasted red peppers, shredded carrots, cucumber, fresh chicken, almonds

cal. 380 8.59

MEDITERRANEAN served with Tzatziki sauce

Romaine lettuce, brown rice, fresh chicken, cucumber, chick pea salad mix, feta cheese

cal. 540 8.59



UNDER 450 CALORIES

SALADS

HUMMUS, CHICKEN, & GOAT CHEESE

cal. 440 7.09

on a Flour tortilla

Grilled chicken, hummus, Romaine lettuce,
diced tomatoes, diced cucumbers, goat cheese,
Balsamic dressing

HUMMUS VEGGIE SANDWICH on a Multigrain roll

cal. 370 6.29

Hummus, cucumbers, tomatoes, Romaine lettuce,
roasted reds, fresh avocado

HARVEST SALAD (NUTS)

cal. 120 7.29

Romaine lettuce, turkey, raisins,
pecans, Mandarin oranges

COBB SALAD

cal. 730 7.29

Romaine lettuce, grilled chicken,
hickory smoked bacon, tomato,
blue cheese crumbles

MAUI SALAD (NUTS)

cal. 210 7.29

Romaine lettuce, grilled chicken,
blue cheese crumbles, pecans,
mandarin orange

Stay Social, **NOT HUNGRY**



MAKE IT A COMBO

*add chips & a fountain drink to any sandwich, salad, or wrap

\$3.00