

GRAB & GO MENU

GRAB & GO SANDWICHES 6.99

Roast Beef
arugula, caramelized onion, fontina cheese, horseradish mayo
Turkey & Bacon
tomato, provolone cheese, arugula, dijon mayo
Tuna Salad
signature tuna recipe with arugula, mayo
Chicken Salad
chicken breast, carrot, onion, celery, arugula, pesto mayo
Organic Egg Salad
celery, parsley, arugula, mayo

GRAB & GO large SALADS

Tuna Salad 9.00
bean medley, boiled egg, cherry tomatoes, cucumber, black olives, greens, balsamic dressing
Chicken Salad 9.00
chicken salad, cucumber, carrots, tomato, bean medley, greens, balsamic dressing
Chicken & Bocconcini 10.50
tomato, bocconcini, basil, black olives, cucumber, greens, balsamic dressing
Chicken Caprese 10.50
roast peppers, cherry tomato, bocconcini, greens, lemon vinaigrette
Antipasto Salad 10.50
grilled vegetables, marinated olives, Italian meats and assorted cheese on mixed greens

GRAB & GO small SALADS

Tuna Scoop 3.99
signature tuna, greens, cherry tomato, cucumber, black olives, crackers
Chicken Scoop 3.99
chicken salad, greens, cherry tomato, cucumber, crackers
Veggie Cup 2.50

PANINI

Chicken Panini 8.00
chicken breast, roast red pepper, arugula, fontina cheese, sundried tomato spread
Prosciutto Panini 8.00
prosciutto, salami, bocconcini, arugula, pesto butter
Mushroom Panini 8.00
sautéed mushroom, roasted red pepper, mozzarella, olive tapenade
Ham Panini 8.00
Italian ham, tomato, fontina cheese, dijon mayo
Feature Panini 8.50

SWEETS

Muffins, Scone	2.00
Loafs	2.80
Biscotti, Cookies, Thumb Print Cookies	2.25
Whoopie, Chocolate Dip Macaroon	2.50
Squares Assorted	2.50
Mini Brownie	.90
Mini Tarts, Dulce du leche	2.00
French Macaroons	1.25
Croissant Plain	1.90
Croissant Chocolate	2.25
Muesli, Yogurt Parfait	3.99
Yogurt Cup	1.50
Fresh Fruit Cup	3.99
Fresh Whole Fruit	1.00
Nuts & Currants	3.00

BEVERAGES

Flat Water	1.95
Mineral Water	1.95
Vitamin Water	2.90
Pellegrino *Limonata, Arancaita, Rossa	1.90
Ice Tea	2.40
Fresh Squeezed Orange, Grapefruit	2.50
Soda Pop	1.50
Mio Italian Soda, Brio	1.90
Milk *Skim, 2%, Chocolate	1.35
Odwalda Smoothie	3.70
Simply Apple, Lemonade Juice	2.40
V8	1.90

HOT TABLE

Chicken Parmesan

Veal Parmesan

Meat Ball

AS A SANDWICHES 8.50

on a fresh Italian bun + topping choices

Sautéed Mushrooms,
Roasted Peppers

TOPPINGS

Sautéed Mushrooms,
Roasted Peppers

AS A MEAL 10.50

choice of any 2 sides

Pasta, Rice, Vegetables or Salad

DAILY FEATURES 10.50

Fish, Chicken or Meat

choice of any 2 sides

Pasta, Rice, Vegetables or Salad

Lasagne 8.50

with veg 10.50

Pasta Giornata 8.00

Vegetarian Meal 8.00

Main Entree Only 7.25

Side Vegetables 4.25

Side Pasta 4.25

COLD TABLE

Salads Prepared Fresh Daily

MEAL SALAD choice of 3 8.25

+ Grilled Chicken or Salmon 10.50

SMALL SALAD choice of 2 3.99

+ Grilled Chicken or Salmon 6.50

PROTIEN ONLY 3.00

PIZZA

Pizza Slice 3.80

SOUP

Daily or Minestrone

Small 12oz 3.99

Large 16oz 5.00

COMBOS

SALAD or SOUP COMBOS

Grab & Go Sandwich 9.35

Panini 10.25

Feature Panini 10.75

Parma Sandwich 10.75

Pizza Slice 7.00

Small Soup & Small Salad 6.80

BREAKFAST 7 – 10:30am

Oatmeal 3.99
with your choice of currents, berries, mixed nuts

Breakfast Sandwiches 3.99
egg, bacon, arugula, cheddar
egg, roasted red pepper, arugula, cheddar

Breakfast Croissant 4.25
scrambled egg, ham, tomato, arugula

Turkey Breakfast Wrap 4.25
scrambled egg, cheddar, tomato, arugula

Quesadilla 3.80
scrambled egg, bruschetta, mozzarella

no substitutes

EGGS

Scrambled Eggs 3.00

Scrambled Fancy Eggs 3.99

Omelette 3.99

Feature Eggs 3.99

Egg Whites add 1.00

ADD ONS

cheese slice 1.00 ea.

bacon or potato 1.00

slice of toast .80 ea

BAGEL or TOAST with

smoked salmon + cream cheese 6.00

nutella or peanut butter + banana 3.00

MAKE YOUR OWN

Bagel or Toast 1.50

add peanut butter/jam/nutella 2.00

cheese slice 1.00 ea

cream cheese 1.00

bacon (2pc) 1.00

tomato, cucumber, greens .50ea

EXTRAS

Rice or Meat Ball 1.75

Panini Bun 1.75

Side Bread .80

Side Dressing or Butter .25

PLEASE NOTE: Menu items ingredients & prices are subject to change