

# BREAKFAST

## BREAKFAST WRAPS

The Sunrise \$3.<sup>99</sup>

Eggs, Rice, Peppers, Salsa & Cheddar Cheese

The Garden Vegetable \$3.<sup>99</sup>

Egg, Tomato, Pepper, Onion & Cheddar Cheese

The Ranchero \$3.<sup>99</sup>

Egg, Black Beans, Rice, Salsa & Cheddar Cheese

The Western \$4.<sup>39</sup>

Egg, Ham Peppers, Onions & Swiss Cheese

The BELT \$4.<sup>39</sup>

Bacon, Egg, Lettuce & Tomato

## BAGELS

Bagel, plain \$1.<sup>19</sup>

w/ Butter and/or Jam \$1.<sup>65</sup>

w/ PB & J \$2.<sup>99</sup>

w/ Cream Cheese \$2.<sup>19</sup>

w/ Hummus \$1.<sup>99</sup>

w/ Flavored Cream Cheese \$2.<sup>75</sup>

w/ Cream Cheese & Lox \$6.<sup>59</sup>

## BREAKFAST PASTRIES & more

Fruit & Nut Breads \$2.<sup>69</sup>

Muffins, Large \$2.<sup>19</sup>

Croissants \$2.<sup>19</sup>

Assorted Danish \$2.<sup>19</sup>

Yogurt \$1.<sup>59</sup>

Toast or English Muffin \$1.<sup>15</sup>

Oatmeal \$3.<sup>25</sup> w/ Milk \$3.<sup>75</sup>

Cereal Bowl \$1.<sup>79</sup>

## BREAKFAST SANDWICHES

On your choice of White, Whole Grain, Rye or Pumpernickel

Egg Sandwich \$2.<sup>59</sup>

Egg & Cheese \$3.<sup>09</sup>

Egg & Cheese w/ Bacon, Ham or

Sausage Patty \$3.<sup>99</sup>

# LUNCH

## = Vegetarian Dishes

### DELI FAVORITES

On your choice of White, Wheat, 9 - Grain, Rye or Pumpernickel with Lettuce, Tomato, Mayo, Onion, Dill Pickle Slices, Yellow or Spicy Brown Mustard, Hot Pepper Relish and/or Banana Peppers

 Cheese \$4.<sup>89</sup>

 Peanut Butter & Jelly \$3.<sup>39</sup>

 Egg Salad \$4.<sup>89</sup>

Chicken or Tuna Salad \$5.<sup>89</sup>

Roast or Smoked Turkey \$5.<sup>89</sup>

Cajun Turkey \$5.<sup>89</sup>

Ham & Cheese \$6.<sup>39</sup>

Roast Beef \$5.<sup>89</sup>

BLT \$5.<sup>89</sup>

### *Deli Extras...*

Extra Meat - Add \$2.<sup>99</sup>

Extra Cheese - Add 55¢

On a Croissant - Add 99¢

## MAKE IT A COMBO

Chips & Fountain Soda \$2.<sup>19</sup>/\$2.<sup>45</sup>

## SPECIALTY SANDWICHES

 Hummus Veggie Pita \$5.<sup>69</sup>

 Spinach Melt Pita \$5.<sup>89</sup>

Steak & Cheese \$6.<sup>75</sup>

Half & Half \$6.<sup>75</sup>

Seasoned Steak & Chicken w/ Mayo, Lettuce, Tomato & Melted Provolone

Ham & Turkey Club \$6.<sup>75</sup>

Chicken Hummus Veggie Pita \$6.<sup>75</sup>

Seasoned Chicken Pita \$6.<sup>39</sup>

Chicken Parmesan on Baguette \$6.<sup>75</sup>

East Coast Turkey \$6.<sup>75</sup>

Roast Turkey, Swiss Cheese, Lettuce, Tomato, Slaw & Russian Dressing

West Coast Turkey \$6.<sup>75</sup>

Smoked Turkey, Swiss, Lettuce,

Tomato, Avocado, & Honey Mustard

# LUNCH

Italian Cold Cut \$6.<sup>75</sup>

Salami, Ham, Provolone, Lettuce, Tomato, Onion & Vinaigrette

American Sub \$6.<sup>75</sup>

Baguette filled with Turkey, Ham, Roast Beef, Cheddar, Lettuce, Tomato & Onion

## SPECIALTY WRAPS

 Big Vegetarian Burrito \$6.<sup>19</sup>

Salsa, Rice, Black Beans & Cheddar Cheese

 The Greek Veggie \$6.<sup>19</sup>

Peppers, Onions, Cucumbers, Olives, Feta Crumbles & Lettuce

 Roasted Veggie & Provolone \$6.<sup>19</sup>

Eggplant, Squash, Peppers, Onions & Tomatoes w/ Provolone Cheese

The Neptune \$6.<sup>75</sup>

Seafood Salad w/ Sliced Avocado

Sesame Chicken \$6.<sup>75</sup>

Sesame Chicken with Carrots, Peppers, Pineapple & Rice

The Southwestern \$6.<sup>75</sup>

Chicken, Salsa, Rice, Black Beans, & Cheddar Cheese

Cajun Turkey \$6.<sup>75</sup>

Cajun Turkey, Pepper Jack Cheese, Lettuce, Tomato & Ranch Dressing

The Smokin' Turkey \$6.<sup>75</sup>

Smoked Turkey, Swiss Cheese, Carrots, Lettuce & Honey Mustard

The Chicken Caesar \$6.<sup>39</sup>

Sliced Chicken Breast, Romaine, Parmesan & Caesar Dressing

BBQ Chicken \$6.<sup>75</sup>

White Meat Chicken smothered in BBQ Sauce with Rice, Beans & Shredded Jack Cheese



# LUNCH

## SOUPS CHILI & MORE

Our soups are homemade.  
Ask about the daily vegetarian options.

- Bowl of Soup \$4.<sup>29</sup>  
with a Salad \$6.<sup>29</sup>  
with ½ Sandwich \$6.<sup>99</sup>
- Cup of Soup \$3.<sup>29</sup>  
with a Salad \$5.<sup>29</sup>  
with ½ Sandwich \$6.<sup>09</sup>
- Bowl of Chili \$5.<sup>59</sup>  
with a Salad \$7.<sup>59</sup>  
with ½ Sandwich \$8.<sup>09</sup>
- Cup of Chili \$4.<sup>29</sup>  
with a Salad \$6.<sup>59</sup>  
with ½ Sandwich \$7.<sup>09</sup>

## LUNCH BOXES


- Choice of Side Salad & Dessert
- Deli Sandwich \$8.<sup>49</sup>
- Specialty Sandwich or Wraps \$8.<sup>99</sup>

## SIDES

- Potato Chips, small \$1.<sup>09</sup>
- Potato Chips, large \$1.<sup>35</sup>
- Fresh Whole Fruit \$1.<sup>09</sup>
- Kosher Dill Pickle \$1.<sup>50</sup>
- Candy Bars / M&M's \$1.<sup>19</sup>

## SIDE SALADS

- Garden \$3.<sup>69</sup>
- Caesar OR Spinach \$4.<sup>59</sup>
- Tabbouleh, Lentil, 4-Bean \$2.<sup>99</sup>
- Pasta, Orzo \$2.<sup>99</sup>
- Fruit Salad \$3.<sup>19</sup>
- Cole Slaw or Potato Salad \$2.<sup>49</sup>


 We offer different Homemade Vegetarian & Non Vegetarian Soups & Chili **DAILY!!!**

# LUNCH

## ENTRÉE SALADS & MORE

Additional Chef Prepared Entrée Salad Specials.

-  Mediterranean Sampler \$6.<sup>99</sup>  
Hummus, Pita Chips & your choice of 2 of the following Salads: Lentil, 4-Bean, Orzo, Fruit, Cole Slaw, Tabbouleh, Pasta
-  Greek Sampler \$6.<sup>99</sup>  
Greek Salad presented with Hummus and Pita Chips
-  Greek Salad \$4.<sup>59</sup> / \$6.<sup>39</sup>  
Romaine, Tomatoes, Cucumbers, Peppers, Kalamata Olives & Feta with Red Wine Vinaigrette
-  Hummus & Pita Chips \$5.<sup>69</sup>
- Chicken Caesar Salad \$5.<sup>89</sup> / \$7.<sup>79</sup>
- Chef's Salad \$7.<sup>79</sup>  
Mixed Greens, Turkey, Ham, Cheddar Cheese, Provolone, Tomatoes & Cucumbers
- Cobb Salad \$7.<sup>79</sup>  
Mixed Greens, Chicken, Bacon, Avocado, Cheese, Tomato & Hard Boiled Egg
- Sesame Chicken Salad \$7.<sup>79</sup>  
Mixed Greens, Chicken Breast, Mandarin Oranges, Bell Peppers, Almonds, Sesame Ginger Dressing
- Deli Salad Trio \$8.<sup>99</sup>  
Mixed Greens, topped with a Scoop of Tuna, Chicken & Egg Salad, accompanied w/ Tomato Wedges
- Scoop of Seafood, Tuna, Egg or Chicken Salad \$3.<sup>99</sup>
- Deli Salad over Greens \$7.<sup>79</sup>  
Garden Salad topped with a Scoop of Tuna, Chicken, Seafood or Egg Salad

 Check out our daily Entrée Salad & Sandwich Specials

# Sweets


## SWEETS

- Bread Pudding \$2.<sup>99</sup>
- Rice Pudding \$3.<sup>19</sup>
- Baklava \$3.<sup>99</sup>
- Donut \$1.<sup>29</sup>
- Brownies \$2.<sup>69</sup>
- Assorted Cookies, Large \$2.<sup>29</sup>
- Assorted Cookies, Small 89¢
- Pound Cake Slices \$2.<sup>69</sup>
- Cake Slice \$3.<sup>19</sup>

# Beverages

## BEVERAGES

- Coffee, Large \$1.<sup>79</sup>
- Coffee, Small \$1.<sup>39</sup>
- Hot Tea \$1.<sup>69</sup>
- Iced Tea \$1.<sup>69</sup>
- Assorted Canned Sodas \$1.<sup>19</sup>
- Fountain Soda, Large \$1.<sup>79</sup>
- Fountain Soda, Small \$1.<sup>49</sup>
- Bottled Water, Large \$2.<sup>29</sup>
- Bottled Water, Small \$1.<sup>29</sup>
- Bottled Juice, Large \$2.<sup>19</sup>
- Bottled Juice, Small \$1.<sup>79</sup>
- Milk, 16 oz. \$1.<sup>59</sup> 12 oz. \$1.<sup>39</sup>
- Specialty Cold Beverages \$2.<sup>49</sup>

 Prices are subject to change without notice

