

Breakfast *Served all day.*

Breakfast Plate 2 eggs, 2 slices of bacon or turkey sausage and a slice of toast (your choice of bread), English muffin or fruit cup	\$6.75
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Build Your Own Breakfast Sandwich

Pick Your Bread

English Muffin	\$1.75
Wheat Toast	Per slice \$1.75
Sourdough Toast	Per slice \$1.75
Rye Toast	Per slice \$1.75

Pick Your Protein

Whole Egg	\$1.25
Egg White	\$1.25
Slice of Bacon	\$1.25
Turkey Sausage Patty	\$1.25

Pick Your Cheese

American	\$0.50
Provolone	\$0.50

All breakfast sandwich options are available A La Carte.

Small Bites & Snacks

Grilled Chicken Breast (Plain)	\$5.00
Chicken, Tuna or Egg Salad Cup	\$3.75
Trail Mix	\$3.75
Morning Glory Muffin	\$3.25
Greek Yogurt	\$2.50
Muffin of the Day	\$2.00
Oatmeal	\$2.00
Corn Muffin	\$1.50
Pumpkin Square	\$1.50
Ranger Cookies (2)	\$1.50
HMR Bar	\$1.50

Wraps *All served with choice of one side item.*

Southwest Chicken Wrap Grilled chicken, spinach, cheddar cheese and black bean & corn salsa in a whole wheat tortilla	\$7.50
Veggie Wrap Hummus, spinach, carrots and feta cheese in a spinach tortilla	\$7.50
Turkey Benedictine Wrap Smoked turkey, benedictine, spinach and roasted red pepper in a spinach tortilla	\$7.50

Soups

Vegetable	\$5.25
Premium Soup of the Day	\$5.75

Soup Combos *Side not included.*

Vegetable Soup and Half Sandwich	\$10.00
Premium Soup and Half Sandwich (add \$0.50 for BLT, Turkey Club, Bacon Grilled Cheese)	\$10.50
Vegetable Soup and Wrap	\$11.00
Premium Soup and Wrap	\$11.50

Salads

Grilled Chicken Cranberry Salad Spinach, grilled chicken strips, cranberries, walnuts and shredded parmesan cheese	\$8.75
Grilled Chicken Caesar Salad Crisp lettuce, grilled chicken strips and shredded parmesan cheese	\$8.25
Spinach Salad Spinach, walnuts, hard boiled egg and shredded parmesan cheese	\$7.00
Café Salad Mixed greens, carrots, cucumbers and tomato	\$6.50

Sides

Chips (<i>Sun Chips, Baked Lays or Cheetos</i>)	\$1.50
Carrot Sticks (with Sandwich add \$0.75)	\$2.50
Cottage Cheese (with Sandwich add \$0.75)	\$2.50
Banana	\$1.75
Applesauce	\$1.75
Fruit Cup	\$2.00
Pasta Cup	\$2.00
Hard Boiled Egg	\$1.25

Beverages

	Small	Large
Coffee	\$2.00	\$2.50
Iced Tea and Soft Drinks	\$2.00	\$2.50
Hot Chocolate	\$2.00	\$2.50
V-8	\$1.00	
Hot Tea	\$2.00	
Bottled Water	\$2.25	
Juice	\$2.50	
Skim Milk (16 oz.)	\$2.00	
Phocus Sparkling Water	\$2.50	

Sandwiches *Choice of side included.*

Choice of Wheat, Sourdough, or Marble Rye bread.
Whole wheat or spinach wrap (add \$1.00).

	Whole	Half
Turkey Club Smoked turkey, provolone cheese, bacon, lettuce, tomato and light mayo	\$9.50	\$7.00
Bacon Grilled Cheese American and provolone cheese with bacon	\$8.50	\$6.50
Veggie Grilled Cheese Provolone cheese, spinach, red onion and tomato	\$8.00	\$6.00
Grilled Cheese American and provolone cheese	\$6.50	\$5.50
Grilled Chicken Grilled chicken breast, lettuce, tomato, light mayo and provolone cheese, served on a whole wheat bun	\$9.25	n/a
Grilled Chicken Club Grilled chicken breast, lettuce, tomato, bacon, light mayo and provolone cheese, served on a whole wheat bun	\$11.50	n/a
BLT Bacon, lettuce, tomato and light mayo	\$9.25	\$7.00
Egg Salad Low-fat egg salad, lettuce and tomato	\$8.00	\$6.00
Chicken Salad Low-fat chicken salad, lettuce and tomato	\$8.00	\$6.00
Tuna Salad Low-fat tuna salad, lettuce and tomato	\$8.00	\$6.00
Smoked Turkey Sandwich Turkey, lettuce, tomato, provolone cheese and light mayo	\$8.00	\$6.00
Plain Benedictine Benedictine, lettuce and tomato Add turkey or bacon	\$7.00	\$6.00
Tuna Salad Melt Low-fat tuna salad, provolone cheese and tomato	\$8.75	n/a
Chicken Salad Melt Low-fat chicken salad, provolone cheese and tomato	\$8.75	n/a
Turkey Melt Smoked turkey, provolone cheese and tomato	\$8.75	n/a
Black Bean Burger Black bean burger, lettuce, tomato, provolone cheese and spicy mustard on whole wheat bun	\$9.00	n/a