

Breakfast

Morning Sunrise Bagel 5.69 | 450-540 cal

Applewood Bacon, Egg and Cheddar Cheese on a Plain or Everything Bagel

Healthy Start 5.79 | 580 cal

Egg White, Spinach, Tomato, Avocado and Pepper Jack Cheese on a Whole Wheat Bagel

Breakfast Burrito 5.69 | 490 cal

Scrambled Eggs, Turkey Sausage, Shredded Cheddar Cheese and Pico de Gallo

From the Bakery 2.79+

Assorted Croissants (350 cal), Bagels (280-400 cal), Muffins (460-520 cal) and Pastries (280 cal)

Oatmeal 4.99 | 410 cal

Served with 2 toppings

Grits 3.99 | 150 cal

Choice of Cheese (60 cal) or Butter (100 cal)

Java Corner

	12 oz	cal	16 oz	cal
Espresso Coffee	1.59	0	2.09	0
Café Latte	3.59	35-130	4.09	40-170
Chai Latte	3.59	120-180	4.09	170-240
Cappuccino	3.59	35-130	4.09	40-170
Brewed Coffee	2.09	5	2.59	5
Cold Brew Coffee	2.29	5	2.79	5
Hot Tea	2.09	0	2.59	0
Iced Lattes	3.59	35-130	4.09	40-170
Iced Chai	3.59	120-180	4.09	170-240

Fresh Picks

Greek Yogurt Power Bowl

7.39 | 420 cal

Chobani Plain Greek Yogurt topped with Dried Cranberries, Strawberries, Blueberries, and Almond Granola

Chicken Caesar Salad

7.39 | 870 cal

Chicken, Romaine Lettuce, Parmesan Cheese, Croutons & Caesar Dressing

Berry Salad

7.49 | 340 cal

Mixed Greens, Dried Cranberries, Strawberries, Blueberries, and Sunflower Seeds

Deacon Cobb Salad

7.39 | 920 cal

Romaine Lettuce, Egg, Avocado, Grape Tomatoes, Bacon, Red Onion, Cheddar Cheese and Almonds

Kale & Grain Bowl

7.19 | 380 cal

Baby Kale, Grain Blend, Corn and Black Bean Salsa, Diced Tomatoes, Avocado and Ranch

Sandwiches

California Turkey BLT

7.19 | 550 cal

Turkey, Avocado, Ranch, Bacon, Lettuce and Tomato on Wheatberry Bread

Chipotle Chicken Melt

7.39 | 850 cal

Grilled Chicken, Chipotle Aioli, Pepper Jack Cheese, Caramelized Onions and Spinach on Wheatberry Bread

Hot Ham & Swiss

7.19 | 570 cal

All Natural Ham, Swiss Cheese, Honey Mustard, Lettuce and Tomato on a Pretzel Bun

Chicken Caesar Wrap

6.69 | 830 cal

Grilled Chicken, Chopped Romaine, Parmesan Cheese and Caesar Dressing

Mozzarella Caprese Sandwich

7.29 | 620 cal

Fresh Mozzarella, Tomato, Pesto and Basil on Ciabatta

Bowl of Soup

4.79 | 140-580 cal

Flatbread

8.49

Cheese (560 cal), Pepperoni (720 cal)

Flatbread

9.49

Meat Lovers (990 cal), Supreme (860 cal)