

BREAKFAST

Morning Sunrise Bagel

\$5.69 | 550 Cal

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

Healthy Start

\$5.79 | 530 Cal

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

Breakfast Burrito

\$5.69 | 480 Cal

Scrambled Eggs, Turkey Sausage, Shredded Cheddar Cheese, and Pico de Gallo in a flour tortilla

Oatmeal

\$4.99 | 220 Cal

Served with two toppings: fresh blueberries(+20 Cal), fresh strawberries(+10 Cal), dried cranberries(+130 Cal)

Grits

\$3.99 | 180 Cal

Choice of Cheese(+110 Cal) or Butter(+50 Cal)

From the Bakery

\$2.79 | 260-500 Cal

Check out our local pastries!



BEVERAGES

	12 oz	16 oz
Latte 180/240 Cal	\$3.59	\$4.09
Chai Latte 240/320 Cal	\$3.59	\$4.09
Cappuccino 180 Cal	\$3.59	\$4.09
Drip Coffee 0/5 Cal	\$2.09	\$2.59
Cold Brew Coffee 0/5 Cal	\$2.29	\$2.79
Organic Hot Tea 0/0 Cal	\$2.09	\$2.59
Iced Latte 180/240 Cal	\$3.59	\$4.09
Iced Chai Latte 240/320 Cal	\$3.59	\$4.09
Iced Tea Unsweet or Sweet 0 - 160 Cal	\$2.29	\$2.79
Espresso 5/10 Cal	single \$1.59	double \$3.29

Substitutes +\$.80

almond milk 5 cal/oz
oat milk 20 cal/oz

Syrups

vanilla 100 cal/oz
caramel 80 cal/oz

Nutrition information is calculated based on our standard recipes using whole milk. Because our products may be customized, exact information may vary.

FRESH PICKS

Greek Yogurt Power Bowl **\$7.39 | 330 Cal**

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

Chicken Caesar Salad **\$7.39 | 840 Cal**

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

Berry Salad **\$7.39 | 420 cal**

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

Deacon Cobb Salad **\$7.39 | 950 cal**

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

Kale & Grain Bowl **\$7.19 | 360 cal**

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

SANDWICHES

California Turkey BLT

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

\$7.19 | 570 Cal

Chipotle Chicken Melt

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

\$7.39 | 710 Cal

Hot Ham & Swiss

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

\$7.19 | 500 Cal

Chicken Caesar Wrap

Grilled Chicken, Chopped Romaine, Parmesan Cheese, and Caesar Dressing in a flour tortilla

\$6.69 | 810 Cal

Mozzarella Caprese Sandwich

Fresh Mozzarella, Tomato, Pesto, and Basil on Ciabatta

\$7.29 | 730 Cal

Bowl of Soup

\$4.79 | 120-460 Cal

Made-Without-Gluten Bread Available Upon Request