

BREAKFAST

Morning Sunrise Bagel

\$5.99 | 550 Cal

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

Healthy Start

\$6.09 | 530 Cal

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

Breakfast Burrito

\$5.99 | 560 Cal

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

Oatmeal

\$5.19 | 220 Cal

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

Grits

\$4.19 | 180 Cal

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

From the Bakery

\$2.99 | 260-500 Cal

Check out our local pastries!

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.
Nutrition information is calculated based on our standard recipes. Because our products may be customized, exact information may vary.



BEVERAGES

	12 oz	16 oz
Latte 200/260 Cal	\$3.79	\$4.29
Chai Latte 240/320 Cal	\$3.79	\$4.29
Drip Coffee 0/5 Cal	\$2.19	\$2.69
Cold Brew Coffee 0/5 Cal	\$2.39	\$2.69
Organic Hot Tea 0/0 Cal	\$2.39	\$2.69
Iced Latte 200/260 Cal	\$3.79	\$4.29
Iced Chai Latte 240/320 Cal	\$3.79	\$4.29
Iced Tea Unsweet or Sweet 0/160 Cal	\$2.39	\$2.89

	single	double
Espresso 5/10 Cal	\$1.69	\$3.39

- 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

Chobani plain greek yogurt topped with dried cranberries, strawberries, blueberries, and almond granola

\$7.79 | 420 Cal

Chicken Caesar Salad

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

\$7.79 | 780 Cal

Berry Salad

Mixed greens, dried cranberries, strawberries, blueberries and sunflower seeds with balsamic vinaigrette

\$7.79 | 510 cal

Deacon Cobb Salad

Romaine lettuce, egg, avocado, grape tomatoes, bacon, red onion, cheddar cheese, almonds and blue cheese dressing

\$7.79 | 880 cal

Kale & Grain Bowl

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

\$7.59 | 360 cal

SANDWICHES

California Turkey BLT

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

\$7.59 | 620 Cal

Chipotle Chicken Melt

Grilled chicken, chipotle aioli, pepper jack cheese, caramelized onions and spinach on wheat berry bread

\$7.79 | 700 Cal

Hot Ham & Swiss

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

\$7.59 | 700 Cal

Chicken Caesar Wrap

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

\$6.99 | 760 Cal

Mozzarella Caprese Sandwich

Fresh Mozzarella, Tomato, Pesto, and Basil on Ciabatta

\$7.69 | 730 Cal

Bowl of Soup

\$4.99 | 120-460 Cal

Made-Without-Gluten Bread Available Upon Request

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