







CHOICE OF: WHOLE WHEAT. SUNDRIED TOMATO OR SPINACH WRAP

TURKEY BACON WRAP \$7.95 TURKEY, BACON, SPROUTS, RED BELLS, AVOCADO, SPINACH, JACK CHEESE W/ CHIPOTLE MAYO

CHICKEN BREAST SPINACH WRAP \$7.50 CHICKEN BREAST, SPROUTS, RED BELLS, JACK CHEESE, SPINACH & CHIPOTLE MAYO

\$7.50 TUNA WRAP RED BELLS, CUCUMBERS, SPROUTS, RED ONIONS,

TOMATO & CHIPOTLE MAYO

PESTO MAYO

\$7.50 CHICKEN BREAST WRAP RED BELLS. SPROUTS. JACK CHEESE. SPINACH. &

\$4.95

KALE, LEMON, APPLE, GINGER. APPLE, CARROT, BEET, LEMON APPLE, CARROT, CELERY BEET, CARROTS, ORANGES ORANGE JUICE

	12oz.	16oz.	20oz.
COFFEE	\$1.50	\$1.75	\$2.25
	SINGLE	DOUBLE	
LATTE	\$2.75	\$3.25	\$3.85
VANILLA LATTE	\$3.25	\$3.75	\$4.25
MOCHA	\$3.25	\$3.75	\$4.25
CAPPUCCINO	\$2.75	\$3.25	\$3.85
WHITE MOCHA	\$3.55	\$4.25	\$4.55
RASPBERRY	\$3.25	\$3.75	\$4.25
CHAI TEA	\$2.95	\$3.50	\$4.20
HOT CHOCOLATE	\$2.25	\$2.50	\$3.00
BAJA			
HOT CHOCOLATE	\$2.50	\$2.85	\$3.25
CAFE CARAMEL	\$3.25	\$3.75	\$4.25
BAJA MOCHA	\$3.55	\$4.25	\$4.55
ICED MOCHA	\$3.50		
ICED			
CARAMEL MOCHA	\$4.95		
MOCHA CHAI	\$3.25	\$3.75	\$4.25
TEA	\$1.95		

STRAWBERRY SENSATION Fresh Strawberries Strawberry Smoothie \$3.75 DYNAMIC DUO Presh Strawberries \$3.75 Fresh Banana STRAWBERRY DREAMER Fresh Strawberries Fresh Banana White Chocolate CHOCOLATE DREAMER White Chocolate Regular Chocolate \$3.75 MOCHA CARAMEL BLEND Single Espresso White Chocolate \$3.95 Caramel ICED MOCHA

Single Shot Espresso White Chocolate

\$3.50 SOY DELIGHT Fresh Banana \$3.95

GG800

HOUSE SALAD BABY GREENS, ROMAINE, FETA CHEESE, CANDIED WALNUT DRIED CRANBERRIES	\$6.75 s,
GARDEN SALAD ROMAINE, BABY GREENS, TOMATO, SHREDDED CARROTS, DRIED CRANBERRIES, BEETS, FETA CHEESE	\$6.75
CAESAR SALAD CHICKEN BREAST, ROMAINE, TOMATO, PARMESAN CHEESE & CROUTONS	\$7.25
CHEF SALAD TURKEY, HAM, CHEDDAR CHEESE, JACK CHEESE, CUCUMBER, TOMATO, ORANGES, ROMAINE	\$7.25
COBB SALAD CHICKEN BREAST, BABY GREENS, ROMAINE, BLUE CHEESE, BOILED EGG, TOMATO, BACON BITS, RED ONION, AND AVOCADO	\$7.25
SPINACH SALAD BABY SPINACH, BOILED EGG, BACON BITS, DRIED CRANBERRIES, CANDIED WALNUTS	\$6.75
CHICKEN BREAST SALAD CRANBERRIES, SLICED ALMONDS, FETA CHEESE	\$7.25
CHICKEN BREAST SPINACH SALAD MARINATED CHICKEN BREAST, ROASTED RED BELLS, RED ONION, FETA CHEESE, CANDIED WALNUTS	\$7.75
SHRIMP SALAD BABY SHRIMP, EGG, CARROTS, CUCUMBER, TOMATO, RED CABBAGE, SLICED LEMON	\$7.25
FRUIT SALAD SEASONAL FRUIT	\$4.50
ORIENTAL SALAD ROMAINE, MANDARIN ORANGES, TERIYAKI CHICKEN, SHREDDED CARROTS, TOMATO	\$7.25
SALAD DRESSING: RANCH FAT FREE RANCH	

POPPY SEED*, CREAMY RASPBERRY*, BLUE CHEESE, CAESAR, BALSAMIC*, THOUSAND ISLANDS* HONEY MUSTARD*, SESAME GINGER*, ASIAN*, SPICY SESAME SEED OIL*, ACAI, APPLE CIDER VINEGAR DRESSING*

* HOUSE MADE

HAM & CHEESE CROISSANT	\$3.75
BACON EGG & CHEESE CROISSANT	\$5.50
BAGEL DOGS	\$3.50
SOUP	\$3.75
CLAM CHOWDER	\$4.25
BURRITOS	\$3.10
CHIPS	\$1.25
BAGEL CHIPS CINNAMON OR GARLIC	\$2.50

FRUIT TARTS CAKES, CHEESECAKES

VARIES



BAGEL Cafe

\$3.25 MUFFINS/CLAWS TURNOVERS/CINNAMON ROLLS \$3.75 STICKY BUNS/SUNNY BUNS \$3.25 DANISH \$3.75 CROISSANTS VARIES

