



EXTRAS

BAKERY

BAKED GOODS \$2.99

SNACKS

CHIPS \$2.39
WHOLE FRUIT \$1.50
CANDY & CHOCOLATE \$2.25+
YOGURT PARFAIT \$5.49
CHEESECAKE PARFAIT \$5.49
FRUIT CUPS \$5.49

LUG A MUG: **SAVE \$0.25**

BRING YOUR OWN MUG FOR A DISCOUNTED COFFEE OR TEA

BREAKFAST SANDWICH

EGG & CHEESE \$4.25
BACON & EGG \$4.50
SAUSAGE & EGG \$4.50

NON-GLUTEN OPTIONS AVAILABLE 

BEVERAGES

12oz HOT BEVERAGES \$2.49
16oz HOT BEVERAGES \$2.89
BOTTLED WATER \$2.59
CANNED BEVERAGE \$2.00
MILK \$2.25
CHOCOLATE MILK \$2.50



WRAPS & PITAS

WRAPS & PITAS \$11.99

WITH YOUR CHOICE OF:

TUNA SALAD



HUMMUS



FALAFEL



CHICKEN



TANDOORI CHICKEN

COMBO DEAL \$3.99

ADD A BAG OF CHIPS OR COOKIE WITH A CANNED DRINK



ADD BACON \$1.99
EXTRA CHEESE \$1.99
EXTRA PROTEIN \$3.99



BOWLED OVER

POWER BOWLS*

MEDITERRANEAN CHICKEN \$13.99

Couscous and a bed of lettuce, chicken, hummus, cucumber, tomato, red onion, olives, Greek feta dressing



VEGETARIAN



VEGAN

MEDITERRANEAN FALAFEL \$13.99

Couscous and a bed of lettuce, falafel, hummus, cucumber, tomato, red onion, olives, Greek feta or oil and vinegar dressing

CHICKEN CAESAR SALAD \$13.99

Lettuce, chicken, bacon, parmesan, Caesar dressing, croutons

FLATBREAD PIZZA

ROTATING FLATBREADS \$8.99

RED KETTLE SOUP

SOUP OF THE DAY \$4.99

ADD BACON \$1.99
EXTRA CHEESE \$1.99
EXTRA PROTEIN \$3.99



NO GLUTEN*

ASK US ABOUT NO GLUTEN OPTIONS