

[DOWNLOAD OUR MENU](#)

BREAKFAST MENU

Breakfast Sandwiches

Served on a bagel of your choice or substitute with a flaky whole wheat croissant for .75¢ extra.

- **Egg and Cheese** - 3.50
- **Bacon or Ham, Egg and Cheese** - 3.99
- **Ham, Egg and Cheese** - 3.99
- **Sausage, Egg and Cheese** - 4.50

Low Carb Selection

Two scrambled eggs and a side of bacon and/or ham - 4.50

Belgian Waffles

Original with butter & syrup. - **4.50**

Add Ons:

Banana, Chocolate or Peanut Butter Chips - .50¢

Scoop of Ice Cream - 1.00

Bagels

Served with Butter and Jam - 2.00

Served with Cream Cheese - 2.50

Tomagel

A fresh cut tomato slice served on a toasted bagel topped with cream cheese, pepper and basil
- 2.95

Protein Wrap

Sliced bananas, granola and a drizzle of honey on a peanut butter smeared honey wheat tortilla
- 5.99

SOUP, SALAD & SIDES

Soup of the Day

Chef's choice served in a cup or bowl. Have a cup or bowl of our delicious soup! Cup - 2.99 | Bowl - 3.99

Fresh Salads

- **Garden Salad**
With Balsamic Vinaigrette or Creamy Caesar - 4.25
- **House Asian Ginger**
Topped with cranberries, sesame seeds & tortilla strips -5.50

Add Grilled Chicken to any salad for an extra - 2.50

Soup/Garden Salad Combo - 6.50

A perfect combo. Choose one salad option and our Soup of the Day

Hummus Staple

Homemade hummus served with flatbread - 6.50

SANDWICHES

*Sandwiches are served with a side of chips and a pickle.

Grilled Panini Sandwiches



- **Roasted Veggie** - 6.95
Seasonal veggies, provolone cheese and Italian mayo
- **Tomato Mozzarella with Pesto Mayo** - 6.95
Fresh tomato and mozzarella with Pesto Mayo
- **Grilled Chipotle Chicken** - 7.95
Seasoned grilled chicken, provolone and Chipotle Mayo

Ham & Cheese Pretzel Melt - 5.99

Ham and provolone cheese melted on a pretzel roll. Served with lettuce, tomato and choice of mustard or mayo

Chicken Salad Sandwich - 5.99

Served on your choice of a flaky croissant or a soft pretzel roll

B.L.T. - 5.50

Bacon, lettuce and tomato served on whole grain toast

Veggie Burger - 7.99

a chipotle black bean burger served on a pretzel roll and topped with lettuce, tomato, cheese and our homemade aioli sauce

NEW! Turkey Club - 7.95

Sliced turkey breast, crisp bacon, American cheese, lettuce, tomato and mayo stacked on toasted whole wheat grain bread

PIZZA

Flatbread Mediterranean Pizza

Layer of our homemade hummus topped with fresh tomato, seasoned lettuce, Parmesan and Mozzarella cheeses. - 6.99

VEGETARIAN CREATIONS

Daily Authentic Vegetarian creations! Made fresh daily, authentic and a healthy meal option - Priced Daily

[SIGN UP](#) for our Email Club to receive weekly alerts!

MOUNTAIN CITY KIDS MENU

*Kids Menu items are served with a side of chips and a pickle.

Traditional PB&J - 3.99

A classic peanut butter and jelly sandwich served on whole wheat bread

Grilled Cheese - 3.99

American cheese melted to perfection on whole wheat bread

Ham & Cheese - 3.99

Ham and American cheese served on whole wheat bread

BEVERAGES

Italian Cream Soda - 2.95

Flavored Coke - 1.85

Flavors: Vanilla, Chocolate or Cherry

Orange Juice - 2.00

Milk - 2.00

Soda Can - 1.25

Bottled Drinks - 1.99

Bottled Water - 1.50

Iced Tea - 1.99

** Prices are subject to change without notice.