



COFFEE & TEA

| | |
|----------------|-------------------------|
| House Blend | 3/5 CAL |
| Decaf | 6/9 CAL |
| Hazelnut | 2/4 CAL |
| Cafe Au Lait | 102/142 CAL |
| Americano | 5 CAL |
| Latte | 147/183 CAL |
| Cappuccino | 126/155 CAL |
| Mochaccino | 232/333 CAL |
| Espresso | 2/5 CAL |
| Tea | 0 CAL REG / 0 CAL DECAF |
| Hot Chocolate | 248/422 CAL |
| Fresh Iced Tea | 0 CAL |

ADD-ONS: Iced Coffee Drinks (0 CAL), Extra Espresso Shot (2 CAL), Half & Half (37-50 CAL), Soy/Almond Milk

BAGELS

| | |
|--|-------------|
| Selection | 180-390 CAL |
| Plain, Bialy, Raisin, Everything, Poppy, Sesame, Whole Wheat | |

SPREADS

| | |
|--------------------|---------|
| Butter | 150 CAL |
| Jelly | 78 CAL |
| PB (Peanut Butter) | 500 CAL |

CREAM CHEESE

| | |
|-----------|---------|
| Plain | 291 CAL |
| Vegetable | 291 CAL |
| Low Fat | 171 CAL |
| Scallion | 291 CAL |

EGG SANDWICHES

| | |
|---------------------------------|-------------|
| Egg or Egg White Sandwich | 373/264 CAL |
| Egg Sandwich with Nova & Tomato | 436 CAL |

OMELETTES & PLATTERS

| | |
|---|-------------|
| Breakfast Platter | 638-741 CAL |
| Two eggs any style with choice of ham, sausage, bacon or turkey bacon. Includes home fries & toast. | |

| | |
|---|---------|
| Western Omelette | 648 CAL |
| Black forest ham, bell pepper, onion, home fries & toast. | |

| | |
|--|---------|
| Spanish Omelette | 850 CAL |
| Bacon, cheddar, bell pepper & onion, home fries & toast. | |

SIDES & SUBSTITUTES

| | |
|------------|---------|
| Home Fries | 419 CAL |
|------------|---------|

| | |
|-----------------|-------------|
| Substitute Hero | 270-280 CAL |
|-----------------|-------------|

ADD-ON PROTEINS: Ham (31/187 CAL) | Sausage (135/577 CAL) | Bacon (122/918 CAL) | Turkey Bacon (52/392 CAL) | Cheese (90-146 CAL)

WRAPS & OATMEAL

| | |
|--|-------------|
| Turkey B.E.L.T | 446-501 CAL |
| Eggs or egg whites, turkey bacon, lettuce & sliced tomato. | |

| | |
|---|-------------|
| Athens Wrap | 557-612 CAL |
| Egg whites or eggs, spinach, feta, tomato & grilled turkey. | |

| | |
|---|-------------|
| Pastrami "Hash" | 619-674 CAL |
| Egg whites or eggs, grilled pastrami, home fries & ketchup. | |

| | |
|--|---------|
| Egg White Delight | 539 CAL |
| Egg whites, avocado, cucumber, kale & muenster cheese. | |

| | |
|---|-------------|
| Oatmeal (Creamy Home Style) | 226/339 CAL |
| Creamy home style oatmeal. Add-ons: Almonds (40 CAL), Honey (11 CAL), Banana (6 CAL), Raisins (52 CAL), Cranberries (43 CAL), Strawberries (9 CAL), Granola, Walnuts. | |

SPECIALTY SALADS

| | |
|--|---------|
| Jurassic | 614 CAL |
| Mesclun, grilled chicken, dried cranberries, apple, walnuts & sunflower seeds. Dressing: lemon squeeze & olive oil 246 CAL | |
| Mexicoool | 356 CAL |
| Mesclun & romaine, grilled chicken, grape tomatoes, red onion, avocado & tortilla chips. Dressing: cilantro lime pesto 215 CAL | |
| Cobb | 637 CAL |
| Romaine lettuce, grilled chicken, crumbled blue cheese, bacon bits, hard boiled egg, avocado, cucumber & grape tomato | |

BUILD YOUR OWN SALAD

| | |
|--------------------|--------|
| Romaine or Spinach | 21 CAL |
| Kale or Mesclun | 60 CAL |
| Arugula | 20 CAL |

CLASSIC SALADS

| | |
|---|---------|
| Caesar | 213 CAL |
| Romaine lettuce, croûtons & Parmesan cheese | |
| Kale Caesar | 448 CAL |
| Kale, grilled chicken, grape tomatoes, Parmesan cheese & croûtons. Dressing: Caesar 243 cal | |
| Garden | 189 CAL |
| Romaine lettuce, kalamata olives, carrot, cucumber, green peppers, red peppers, red cabbage & tomato | |
| Greek | 338 CAL |
| Romaine lettuce, kalamata olives, carrot, cucumber, green peppers, red peppers, red cabbage, tomato & feta cheese | |

ADD PROTEIN:

- Grilled Chicken (187 CAL) | • Chicken Salad (498 CAL)
- Chicken Cutlet (157 CAL) | • Tuna Salad (265 CAL)

GRAIN BOWLS

| | |
|---|---------|
| Chicken Mojo | 364 CAL |
| Super grain, grilled chicken, baby spinach, black bean, corn, red cabbage & cucumber salsa. Dressing: cuban mojo sauce 360 CAL | |
| In The Wild | 674 CAL |
| Super grain, grilled chicken, kale, apple, dried cranberry, almond, chick pea, fresh mozzarella. Dressing: honey balsamic vinaigrette 332 CAL | |

BEEF SANDWICHES

| | |
|---|--------------|
| Lenwich Δ | 633-941 CAL |
| Hot pastrami, corned beef, melted Swiss, coleslaw & thousand island. | |
| Big Daddy | 770-1176 CAL |
| Grilled steak, avocado, fresh mozzarella, crispy onion, roasted red peppers & sriracha. | |
| Chimichurri Steak | 821-1244 CAL |
| Grilled steak, jack cheese, roasted garlic, pico de gallo & chimichurri sauce. | |

COLD'WICH

| | |
|---|-------------|
| Italian Δ | 587-880 CAL |
| Salami, capicola, provolone, lettuce, tomato, onion, hot peppers, oregano, oil & vinegar. | |
| Emma's | 485-745 CAL |
| Smoked ham, smoked turkey, Swiss, coleslaw & thousand island. | |
| Turkey Brie Δ | 485-725 CAL |
| Smoked turkey, brie, dried cranberry, apple, mesclun & low fat honey mustard. | |
| Farmhouse Δ | 622-908 CAL |
| Chicken salad, dried cranberry, cucumber, red cabbage, leaf lettuce & tomato. | |

CHICKEN SANDWICHES

| | |
|--|--------------|
| Caesar Wrap | 959-969 CAL |
| Grilled chicken, parmesan cheese, romaine lettuce, croûtons & caesar dressing. | |
| Chickavo | 553-817 CAL |
| Grilled chicken, avocado, roasted red peppers, mesclun & ranch dressing. | |
| Chicken Cheddar Δ | 701-1032 CAL |
| Breaded chicken, melted cheddar, crispy bacon, lettuce & tomato. | |
| Jimmy T Δ | 777-1115 CAL |
| Breaded chicken, mozzarella, grilled onion, sweet peppers & honey mustard. | |
| Buffalo Δ | 534-791 CAL |
| Breaded chicken, crumbled bleu cheese, leaf lettuce & spicy buffalo sauce. | |
| Parmigiana Δ | 588-863 CAL |
| Breaded chicken, fresh mozzarella & parmigiana sauce. | |

VEGGIE

| | |
|---|-------------|
| Veggie'Wich | 257-423 CAL |
| Avocado, leaf lettuce, tomato, carrot, cucumber, alfalfa sprouts, red cabbage, sweet peppers & honey mustard. | |
| Bello Melt | 570-839 CAL |
| Portobello mushroom, crispy onion, mozzarella, basil, roasted peppers, arugula & honey balsamic dressing. | |
| Caprese | 561-827 CAL |
| Mozzarella, peppers, tomato, capers & tomato pesto. | |

FISH

| | |
|---|--------------|
| Fish'Wich | 783-976 CAL |
| Crispy cod, cole slaw, chips, leaf lettuce, tomato, pickle & tartar sauce. Suggested on Brioche. | |
| Novie | 429-651 CAL |
| Smoked nova, cream cheese, tomato & onion. Suggested on bagel. | |
| Tuna Pesto | 846-1183 CAL |
| Tuna salad, arugula, avocado, pickled onion, balsamic vinegar and pesto sauce. Suggested on rosemary flatbread. | |
| Tuna Dijon | 511-760 CAL |
| Tuna salad, carrot, cucumber, sprouts, tomato & Dijon mustard. | |

SIDES

| | |
|-------------------------|---------|
| French Fries | 451 CAL |
| Crazy Blue Fries | 517 CAL |