

FEED YOUR SOUL

BAGEL & EGG SANDWICHES

HIGHLANDER \$1.95

scrambled egg on a toasted bagel

ADIRONDACK \$2.95

scrambled egg, sausage on a toasted bagel

HARPUK \$2.95

scrambled egg, bacon on a toasted bagel

HORNET \$2.95

scrambled egg, ham on a toasted bagel

BOULDER \$2.65

scrambled egg, sauteed mushroom & onion

HUEVOS CON QUESO \$3.80

scrambled egg, cheddar, fresh salsa

JALAPENO HUSTLE \$3.95

jalapeno cream cheese, salsa, melted cheddar

APPENZELL \$3.15

melted swiss and tomato on a toasted bagel

LOX TIMES SQUARED \$6.75

Nova lox, cream cheese, tomato, onion, capers

Add
melted
cheddar
\$.75

egg
beaters
available

FLATBREADS (gourmet style pizza)

MORNIN' \$3.99

scrambled egg, mozzarella, sausage

SANTORINI \$5.00 (V)

baby spinach, feta, mozzarella, roasted red peppers

SALSA RUMBA \$4.50 (V)

fresh salsa, monterey jack & cheddar cheese

BUFFALO ROAM \$5.75

grilled chicken breast, blue cheese spread, hot sauce

CLASSIC \$4.50

tomato sauce, mozzarella, parmesan, pepperoni

WHITE SHADOW \$5.75

grilled chicken breast, parmesan, mozz., garlic aioli,

JACK STRAW \$4.75 (V)

sauteed mushrooms, onions, parmesan, garlic olive oil

SALADS hand tossed & fresh made

SPARTAN \$5.65

iceberg and romaine lettuce, tomatoes, cucumbers, red onions, black olives, croutons, feta, pepperoncini, greek dressing

ROMAN \$5.65

romaine and iceberg lettuces, tomatoes, black olives, croutons, parmesan, Caesar dressing
add: grilled chicken \$1.50

SPRING \$5.85

mesclun spring mix, tomatoes, red onions, black olives, croutons, dried cranberries, toasted nuts, raspberry vinaigrette dressing

SPINACH \$5.85

baby spinach, mushrooms, real bacon, croutons, egg

FOOD FOR THOUGHT

SIGNATURE SANDWICHES

breads: white or multi grain ciabatta,
wraps: spinach, multi-grain, herb-garlic,
sun-dried tomato

TURKEY TORTA \$6.45

turkey, swiss, fresh salsa, leaf lettuce, chipotle aioli

T. RUTH \$6.75 (PS)

turkey, munster, spinach, artichoke hearts, garlic aioli

THE GRINCH \$6.45

roast beef, provolone, green leaf, roasted red peppers, horseradish sauce

BOXCARS BEEF \$6.75 (T)

roast beef, cheddar, green leaf, banana peppers, sun-dried tomato pesto, horseradish sauce

HAM SLAM \$5.75

ham, swiss, leaf lettuce, tomato, red onion, dijonnaise

MAJOR BACON \$6.15

bacon, leaf lettuce, salsa or tomato, garlic aioli

MAGGIE'S FARM \$6.25 (PS) (V)

artichoke hearts, sauteed mushrooms, onions, roasted red peppers, sun-dried tomato pesto

HUMMUS A. TUNE \$5.75 (V)

hummus, feta, roasted peppers, leaf lettuce

VESTAL VEGGIE \$5.95 (V)

Tofu, cucumber, carrots, tomato, sprouts, garlic aioli, balsamic vinaigrette on a wrap

EGGLESTON \$5.45 (V)

incredible, edible egg salad, leaf lettuce, tomato

WELTON \$6.55 (PS) (V)

swiss, provolone, cheddar, spinach, onion, tomato, dijon

CAYUGA \$5.75 (PS) (V)

albacore white tuna salad, leaf lettuce, swiss

3 CHEESY AMIGOS \$5.75 (PS) (V)

imported swiss, provolone, cheddar, dijon

EZRA \$6.75 (PS)

ham, imported swiss, dijon

FIRENZE \$6.25

grilled chicken, feta, baby spinach, tomato, balsamic vinaigrette on a WRAP

PESTO CHIX \$6.75 (PS)

grilled chicken, provolone, tomato, basil pesto

C.P.G. \$6.75 (PS)

chicken, parmesan, mozzarella, red sauce, garlic aioli

FOGHORN \$6.25

tarragon chicken salad, celery, peas, lettuce, tomato

(PS) panini style (T) toasted (V) vegetarian