

WRAP, PANINI OR PITA

Your Choice of Wheat Wrap \$4.99, Ciabatta Panini \$6.29 or Pita Bread \$4.49 with Grilled Chicken Breast or make it Beef Pot Roast for \$1 more.

Caprese Chicken or Beef

Basil pesto mayo, tomatoes, lettuce, bell pepper, red onion & white cheese.

Greek Chicken or Beef

Dijon mayo, tomatoes, lettuce, bell pepper, black olives, red onion & feta cheese.

Cattlemen's BBQ Chicken or Beef

Cattlemen's Classic BBQ Sauce, dijon mayo, lettuce, tomato, red onion & provolone.

Tuscan Chicken or Beef

Sundried Tomato Mayo, tomatoes, black olives, lettuce, bell pepper, red onion & white cheese.

Mexican Cobb Chicken or Beef

Black beans and corn, lettuce, tomatoes, black olives, bell peppers & cheddar with avocado ranch dressing.

Mountaineer Chicken or Beef

Honey mustard, cucumbers, tomatoes, bell peppers, red onions, lettuce, and white cheese.

Tex-Mex Chicken or Beef

Avocado ranch, salsa, cheddar and pepperjack, lettuce, blk beans & corn, and red onion.

Mama's Chicken or Beef

Mayonnaise, white cheese & red onion. Nothing fussy, just plain good.

SPECIALTIES & TURKEY

Muffalini	\$7.99 Panini
Chipotle Black Bean Burger W/\$6.99	P/\$7.99
Turkey Reuben	\$7.99 Panini
Fiesta Chicken Wrap (Spicy & Crunchy)	\$6.99
Cuban (Turkey Ham)	\$6.99 Panini
Grilled Chicken Cordon Bleu	\$7.99 Panini
Ultimate Club W/\$5.49	\$7.29 Panini
Turkey Melt or Ham & Swiss W/\$5.49	P/\$7.29
Caesar Chicken Wrap	\$5.99
Venetian Caprese	\$7.99 Panini
Chicken Salad Bowl/Wrap/Panini	\$4.99-\$6.49

SALADS

Greenleaf lettuce, hand cut veggies, house made dressings, & your choice of wheat crackers or croutons. Add Grilled Chicken \$1.99

Greek Salad \$4.99-\$6.25

Walnuts, Craisins, Feta Cheese, Black Olives, Tomatoes & Pepperoncini peppers w/vinaigrette.

Venetian Caprese \$4.99-\$6.25

Basil pesto marinated Fresh Mozzarella and Tomatoes w/vinaigrette.

Italiano \$5.99-\$7.25

Artichoke Hearts, Capers, Tomatoes, Parmesan, Blk Olives, Bell Pep. & Onion w/Sun Dried Tomato Vinaigrette.

Santa Fe \$5.99-\$7.25

Tomato, Blk Beans/Corn, Cheddar, Bacon, Onion, Tortilla Strips & Crispy Jalapenos w/Raspberry Chipotle.

Island \$4.99-\$6.25

Mandarin Oranges, Pineapple, Pecans, Coconut, Craisins, Tomatoes, Bell Pep. & Cucumber w/Island Dressing.

Caesar \$6.25

Caesar Dressing, Parmesan & Croutons.

Garden \$4.99-\$6.25

Tomatoes, Cucumber, Bell Pepper, Red Onion, Carrots, Broccoli & Cheddar Cheese w/Ranch.

Chef's Salad \$5.99-\$7.25

SIDES & COMBOS

Combos come with 1/2 of any Panini and 8 oz cup of Soup or Side Salad \$6.79.

Upgrade with chips and a candied dill pickle for \$1.29 and up.

Side Salad	\$2.89
Fruit Cup	\$2.89
Hummus w/chips or Pita Bread	\$4.89
Kid's Cheese or PB&J Roll up	\$2.99
Cajun Breakfast Pita	\$4.25
Veggie Dippers	\$2.89
Soup 8, 12, 16, or 20 oz	\$3.25-\$5.99
Frozen Yogurt 4, 8 or 12 oz.	\$1.60-\$4.80
Bars, Brownies or Cheesecake	\$1.29-\$2.99

BEVERAGES

463-5777

Smoothies

100% Crushed Fruit Smoothies. See Full Drink Menu or Menu Board for detailed descriptions.

Fruit Smoothies

Peach-Pear-Apricot, Pineapple Paradise, Mango Tropics, Strawberry, Strawberry Banana, Blueberry Banana, Acai Plus, Banana, Orange-Tangerine, Smooth Lime, Lemonde, Strawberry Lemonade, Wild Cherry-Cranberry, Northwest Berry 12 oz \$2.75 16 oz \$4.00 20 oz \$5.00 32 oz \$7.00

Boosters

Whey or Soy Protein .50 Ultimate Fiber Blend (free), Weight Loss Blend .25, Creatine-Magnesium .25, Chromium Picolinate .25, Performance Boost .25, Ginseng .25, Immune Booster .25, Vitamin C .25, Ginkgo Biloba .25, Green Tea .25, B12 Blast .75, Bev Buzz .75

Power-Indulgences-Weight Control-Energy

POWER SMOOTHIES: Cardio Breeze \$5.50, Stacker \$6.00, Muscle Maker \$5.50, Lean Mass \$6.25, Bulk-Me-Up \$6.00, Alkalizer \$5.50, Health Nut \$6.25

INDULGENCES: Afternoon Delight \$4.50, Coconutty Buddy \$5.75, Angel Food \$4.00, Holly Beach \$4.00, Hollywood \$4.25, Pina Colada \$5.00

ENERGY SMOOTHIES: Rejuvenator \$5.50, Energizer \$4.75, Morning After \$4.75, Pepper Upper \$5.00, Hangover Helper \$6.00, Mid-Day Wakeup \$4.00

WEIGHT CONTROL: Aerobix \$6.00, Beach Baby Body \$6.00, Yellow Polka Dot Bikini \$4.50, Fit-n-Trim \$4.00, Fat Blaster \$6.00

Espresso Drinks

Latte-Cappuccino-Frappe: Hot, Iced or Frozen Blended. We grind Private Reserve Espresso Beans Daily to make authentic coffee and espresso drinks, and/or chai. Hundreds of flavor combinations. 12 oz. 16 oz. 20 oz

Latte or Cappuccino (Hot)

Fresh ground and brewed espresso or chai with steamed milk, 2% or Fat Free, with your choice of flavor (see flavor list) Latte has less foam, Cappuccino has more foam. 12 oz \$3.50 16 oz \$3.75 20 oz \$4.00

Iced Latte (Any Flavor)

Your favorite espresso or chai beverage, Mocha, French Vanilla, Hazelnut, etc. over ice. 16 oz \$3.75 20 oz \$4.00

Frappe Frozen Blended Latte (Any Flavor)

A coffee smoothie. Freshly brewed espresso, milk, and your favorite flavor frozen and blended, topped with real whipped cream made fresh and sweetened with Vanilla Cream stevia. 16 oz \$4.50 20 oz \$5.50

Chocololics Choice or Vanilla Bean

Frozen chocolate or vanilla bean & whipped cream (no espresso). 16 oz \$4.50

munchies

Fro-Yo Real Frozen Tart Yogurt
\$1.60-\$4.80

Brownies & Bars
\$1.29-\$2.69

Cheesecake Bites
\$1.29

Soft Pretzel
\$2.49

Fresh Popcorn
\$.29-\$1.29

drinks

Soft Drinks
\$.99 to \$1.99

Iced Tea or Green/White Tea
\$1.49 & up

Strawberry Lemonade
\$2.09

FLAVORS

Italian Soda (reg or creamy) \$2.09-\$2.49

Strawberry, Orange, Berry, Chocolate, Vanilla, Pomegranate, etc.

Flavored Teas 16 oz \$1.69

Brambleberry, Raspberry, Mango, Peach, Pomegranate, Almond, etc.

Espresso Drink Flavors

Chocolate, Hazelnut, Vanilla, Almond Joy, Truffle, Caramel, Wt. Chocolate, Irish Cream, Macadamia Nut, Cinnamon, Peppermint and dozens more! FREE