



# Sandwiches

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**PANINI** **\$10.95** | **380-550 Cals**

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**WRAP** **\$10.45** | **440-640 Cals**

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**PITA** **\$10.45** | **290-540 Cals**

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**CLASSIC** **\$10.45** | **320-730 Cals**

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**GRILLED CHEESE** **\$10.95** | **590-660 Cals**

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\* **Gluten Free Bread (+\$1)**

Adults & youths (ages 13 and older) need an average of 2000 calories a day, & children (ages 4 to 12) need an average of 1500 calories a day. However, individual needs vary.





# Hot Meals

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**QUICHE**

**\$8<sup>99</sup> | 250-300 Cals**

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**POT PIE**

**\$8<sup>99</sup> | 720 Cals**

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**LASAGNA**

**\$12<sup>45</sup> | 330-410 Cals**

+Garlic Bread

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**HOT MEAL OF THE DAY** **\$14<sup>95</sup> | 370-780 Cals**

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**BUTTER CHICKEN**

**\$16<sup>99</sup> | 960 Cals**

Adults & youths (ages 13 and older) need an average of 2000 calories a day, & children (ages 4 to 12) need an average of 1500 calories a day. However, individual needs vary.



# Soup

OF THE DAY



## LARGE:

\$9.99 | 110-290 Cals

## SMALL:

\$7.59 | 70-180 Cals

# Salad Bowls

## SALAD BOWL

\$11.45 | 400-530 Cals

\* Premium Salad Bowls - Add \$2.50

# Salad

SINGLE SALAD: \$4.95 | 60-260 Cals

DOUBLE SALAD: \$9.45 | 120-580 Cals

TRIO SALAD: \$13.95 | 180-780 Cals





# Cold Beverages

## SMOOTHIES

	S	M	
Mango	190	250	Cals
Pina Colada	140	200	Cals
Strawberry	170	230	Cals

## ICED COFFEE

	S	M	
Iced Coffee	190	230	Cals

## FRAPPÉ

	S	M	
Cappuccino	180	230	Cals
Salted Caramel	180	230	Cals
Mocha	190	260	Cals

## ICED CHAI

	S	M	
Iced Chai	190	260	Cals

## ICED MATCHA

	S	M	
Iced Matcha	190	260	Cals



S: \$6.05  
M: \$6.55



S: \$3.65  
M: \$4.15



S: \$5.95  
M: \$6.95



S: \$4.95  
M: \$5.65



S: \$6.10  
M: \$6.95



Adults & youths (ages 13 and older) need an average of 2000 calories a day, & children (ages 4 to 12) need an average of 1500 calories a day. However, individual needs vary.



# Hot Beverages

	S	M	L	
<b>COFFEE</b>	\$2.75	\$2.95	\$3.45	
	0	0	0	Cals
<b>CAFÉ LATTE</b>	\$4.85	\$5.35	\$5.75	
	140	180	220	Cals
<b>FLAVOURED LATTE</b>	\$5.55	\$5.95	\$6.45	
Vanilla, Caramel, Chai	200	250	310	Cals
<b>MATCHA LATTE</b>	\$5.45	\$5.95	\$6.45	
	190	255	315	Cals
<b>CAPPUCCINO</b>	\$4.85	\$5.35	\$5.75	
	120	150	230	Cals
<b>MOCHACCINO</b>	\$5.55	\$5.95	\$6.45	
	180	240	320	Cals
<b>HOT CHOCOLATE</b>	\$4.55	\$4.75	\$5.05	
	270	360	460	Cals
<b>LONDON FOG</b>	\$5.55	\$5.95	\$6.45	
	200	250	310	Cals
<b>TEA*</b>	\$2.95	\$3.25	\$3.75	
	0	0	0	Cals

\* Extra Tea Bag \$1







# Breakfast Sandwiches

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<b>BAGEL SANDWICH</b>	<b>\$5.95   410 Cals</b>
<b>SPARTAN WRAP</b>	<b>\$6.45   590 Cals</b>
<b>CROISSANT SANDWICH</b>	<b>\$6.45   440 Cals</b>
<b>ENGLISH MUFFIN</b>	<b>\$4.95   310 Cals</b>
<b>AVOCADO BLT</b>	<b>\$6.45   530 Cals</b>
<b>PANINI SANDWICH</b>	<b>\$6.95   550 Cals</b>
<b>BAGEL CREAM CHEESE</b>	<b>\$4.45   310-440 Cals</b>



TRY OUR  
**SIGNATURE DRINKS**

**BLUE RASPBERRY  
DREAM FRAPPÉ**

**\$5.89**  
12 oz



**STRAWBERRIES  
& CREAM FRAPPÉ**

**\$5.89**  
12 oz



**ICED BANANA  
MATCHA**

**\$5.85**  
12 oz



**HOT HONEY  
LEMONADE**

**\$4.99**  
12 oz



**LAVENDER  
WHITE CHOCOLATE  
ICED LATTE**

**\$5.85**  
12 oz

