**BREAKFAST SANDWICHES**

- egg | cheese | english muffin  290-310 cal  3.25
- egg | cheese | sausage | english muffin  440-460 cal  3.95
- egg | cheese | bacon | english muffin  440-460 cal  3.95
- sandwich on a bagel  250-310 cal  add 1.80
- sandwich on a croissant  250-310 cal  add 2.50

**BREAKFAST BURRITOS**

- roasted seasonal veggies | scrambled egg | jack | cheddar | potato | flour tortilla  440-460 cal  5.50
- sausage | scrambled egg | jack | cheddar | potato | flour tortilla  700-720 cal  5.50
- bacon | scrambled egg | jack | cheddar | potato | flour tortilla  560-580 cal  5.50

**BREAKFAST BOWLS**

- tator tots | 2 eggs | bacon | roasted pico de gallo  700-800 cal  6.00
- tator tots | 2 eggs | sausage | roasted pico de gallo  600-620 cal  6.00
- tator tots | 2 eggs | roasted veggies | roasted pico de gallo  700-800 cal  6.00

**STEEL CUT OATS**  210 | 320 cal

- served with raisins & brown sugar
  - cup  3.75
  - bowl  5.25
  - add fresh berries  .75

**ADDITIONS**

- yogurt parfait  290-340 cal  5.25
- greek yogurt  2.25
- fruit cup  110-120 cal  3.75
- hard boiled egg  190-210 cal  2.50
- whole fruit  100-110 cal  1.00

**PASTRIES**

- bagel  240-260 cal  2.50
- danish  360-390 cal  3.00
- muffins  680-710 cal  3.00
- croissants  310-330 cal  2.75
- doughnut  210-320 cal  2.25

**COFFEE DRINKS**

- seasonal espresso drinks  190-380 cal  market price
  - coffee  5-10 cal
  - latte  150-245 cal
  - mocha  235-355 cal
  - cappuccino  105-160 cal

**OTHER DRINKS**

- hot chocolate  245| 360 cal  small  2.95  large  3.50
- hot apple cider  200|400 cal  small  3.50  large  4.00
- matcha latte  150-200 cal  small  3.50  large  4.25
- Mighty Leaf hot tea  50 cal  2.25

*additional nutrition information available upon request. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.*

**consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions**