



BREAKFAST SANDWICHES

\$5.99

- **Spicy Start:** Sausage, Egg, PepperJack Cheese, Spicy Mayo on your choice of bread
- **Great Start:** Egg, Bacon, Pepper Jack Cheese and Spicy Mayo
- **Pleasant Start:** Bacon, Egg and Swiss Cheese with Herb Mayo
- **Early Start:** Ham, Egg and Cheddar Cheese with Honey Mustard
- **Hearty Start:** Sausage, Egg, Swiss Cheese, Tomatoes with Mayo
- **Veggie Start:** Egg, Avocado, Tomato and Mozzarella
- **Garden Start:** Spinach, Egg, Feta Cheese, Tomatoes with Mayo
- **Turkey Start:** Turkey Sausage, Egg and Swiss Cheese with Chipotle Mayo

•Xtra Protein/Cheese/Avocado: + \$1.00

BUILD YOUR OWN BREAKFAST SANDWICH

Start with an egg sandwich! \$2.50

- Choice of Bread: Sourdough, Multigrain, English Muffin. Bagel (+\$0.99), wrap (+\$0.99) Croissant (+\$0.99)
 - Make it egg white: \$1.00
 - Add Veggies (+\$0.79): Spinach, Tomatoes, Peppers
 - Protein (+\$1.00): Bacon, Sausage, Ham, Tofu, Turkey, or Avocado
- Cheese (+\$1.25): American, Cheddar, Provolone, Swiss, Feta, Pepper Jack

• New York style Bagels

- Choice of: Plain, Everything, Poppy Seed, Sesame, Raisin and Whole Wheat
- **With Butter: \$1.87** **PBJ : \$2.50** **With Cream Cheese: \$2.79**

OATMEAL YOGURT AND SNACKS

Yogurt Parfait

- **Small (10 oz): \$3.99 Large (16 oz): \$4.99**

Overnight Oatmeal: \$4.99

Bakery

- **Muffin: \$1.99 Cinnamon Roll \$2.99 Danish: \$2.49 Cookies: \$1.99 Croissant: \$1.99**
- **Chips: \$0.99**

SANDWICHES

\$7.99

- **North End:** Sopressanta, Mortadella Genoa Salami, Provolone Cheese, Fresh Basil, Tomatoes, Hot-cherry-peppers, Balsamic on Focaccia
- **Parma:** Prosciutto, Mozzarella, Tomatoes and Fresh Basil on Sub Roll
- **South-West Turkey:** Smoked Turkey, Pepper Jack Cheese, Bacon, Tomatoes, Onions and Spicy Mayo on Sourdough
- **Black Forest:** Black Forest Ham, Swiss Cheese, Tomatoes and Honey Mustard on Marble Rye
- **Reuben:** Black Pastrami, sauerkraut, Swiss Cheese, Russian dressing on Marble Rye
- **Tuna Melt:** Albacore Tuna, with Celery, seasoned with herbs, Cheddar Cheese and Tomatoes
- **Tarragon Chicken Salad:** Tarragon Marinated Chicken Salad, Mixed Greens, Tomatoes, Feta Cheese, and Greek dressing on Wrap
- **Spicy B.L.A.T:** Bacon, Lettuce, Avocado and Tomatoes on Sourdough
- **Gyro:** Grilled Chicken, Feta Cheese, Lettuce, Cucumbers, Tomatoes, Choice dressing on wrap

SUBS

\$7.99

- **Grilled Chicken:** Grilled Chicken, Provolone Cheese, Mixed Greens, Tomatoes, Greek Dressing
- **Italian Sausage:** Italian Sausage, Peppers and Onion, Swiss Cheese , Mayo and Mustard
- **Chicken Parm:** Provolone Cheese, Chicken Parmesan, Marinara Sauce
- **Meatballs:** Meatballs, Marinara Sauce and Provolone Cheese
- **Italian Salami:** Mortadella, Sopressata, Capicola, Genoa Salami, Mixed Greens, Tomatoes, Onions, Pickles, Oil, Balsamic
- **Roast Beef:** Mayo, Mustard, Roast Beef, Onions, Tomatoes, Lettuce, Swiss Cheese
- **Eggplant Parm:** Provolone Cheese, Eggplant Parmesan, Marinara sauce
- **Chicken Cutlet:** Mayo, American Cheese, Lettuce, Tomatoes, Chicken Cutlet

Steak Tip Sub: \$+2.00



HOT PLATE

- **Chicken Al Fresco:** Chicken Sausage, Pasta of the day, Sundried Tomatoes, Mushrooms and Veggie of the day: **\$7.99**
- **Chicken Alfredo:** Roasted Chicken, Broccoli and Veggie Medley, Mozzarella Cheese tossed in a Creamy Alfredo Sauce sprinkled with Parmigiano Cheese: **\$7.99**
- **Macaroni and Cheese:** Mac and cheese: **\$5.99** Add Mixed Veggies: **+\$0.99**
- **Spaghetti and Meatballs:** **\$6.99**
- **Chicken Parmigiana:** Pasta, Chicken Parm, Marinara Sauce, Parmigiano Cheese, Shredded Mozzarella Cheese: **\$7.99**
- **Steak Tips or Lamb with choice of two sides:** **\$9.99**
- **Salmon with choice of two sides :** **\$10.99**
- **Tofu Plate:** Served with choice of two sides: **\$6.99**

Add Xtra: Chicken **+\$2.99** Lamb/Steak **+\$3.99** Salmon **+\$4.99**

Half Plates: **\$5.99**

Chicken/Meatball/Tofu Served with rice and one veggie side

- **Spinach Pie:** **\$2.99**



SALADS

- **Baby Spinach:** Baby Spinach, Tomatoes, Fuji-Apple, Dried Cranberries, Walnuts, Blue Cheese: **\$6.99**
- **Caesar Salad:** Lettuce, Cucumbers, Croutons, Parmesan Cheese: **\$4.99**
- **Chef Salad:** Lettuce, Cucumbers, Peppers, Tomatoes, Carrots, Smoked Turkey, Black Forest Ham, Provolone Cheese : **\$7.99**
- **Garden Salad:** Lettuce, Cherry Tomatoes, Peppers, Red Onions, Cucumbers, Carrots : **\$5.99**
- **Greek Salad:** Lettuce, Tomatoes, Peppers, Cucumbers, Carrots, Olives, Feta Cheese : **\$5.99**
- **Quinoa Power:** Quinoa, Kale, Cherry Tomatoes, Cranberries, Pineapple, Carrots: **\$6.99** (add for Black Beans or Gorgonzola + \$0.50)

Add Avocado, Chicken, Tofu or Tuna: **+\$1.99** Steak Tips or Lamb: **+\$2.99** Salmon: **+\$4.99**

DEAR OUR PATRONS

- We got new menu items, quality ingredients, better way of handling and processing your food. We will continue to strive to satisfy your demand and keep your patronage.
- There is also a new Massachusetts Minimum Wage law with a goal towards a livable wage which we support and respect, and our new prices reflect that.
- We hope you understand and support us.

We appreciate your
feedback!

спасибо 谢谢
GRACIAS
THANK YOU
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