

# sandwiches & salads

## Hot Breakfast Sandwiches / Wraps

Egg & Cheese Keto Bites [380 cal] .....	\$6.00
Egg White, Spinach & Feta Keto Bites [260 cal] .....	\$6.00
Egg & Cheese Sandwich [430 cal]..... <i>with Cheddar on an English Muffin</i>	\$6.50
Ham, Egg & Swiss Sandwich [520 cal]..... <i>on an English Muffin</i>	\$8.75
Sausage, Egg & Cheese Sandwich [670 cal] .....	\$9.00
<i>with Cheddar on an English Muffin</i>	
Bacon, Egg & Cheddar Wrap [1120 cal] .....	\$9.00
<i>in a Flour Tortilla</i>	
Egg White, Spinach & Feta Wrap [440 cal].....	\$9.75
<i>in a Spinach Tortilla</i>	

## Sandwiches

Turkey & Swiss Sandwich [620 cal] .....	\$8.50
<i>Turkey, Swiss, Tomatoes, Red Onion, Spinach, on Wheat Bread</i>	
Cheesesteak [480 cal].....	\$10.50
<i>Roast Beef, Provolone, Red Onions, Roasted Red Peppers, on a Ciabatta, Toasted</i>	
Pesto Chicken [730 cal] .....	\$10.50
<i>Grilled Chicken, Provolone, , Pesto, Tomatoes, on a Ciabatta, Toasted</i>	

## Salads

Pesto Pasta Salad [720 cal] .....	\$9.25
Mexican Pasta Salad [560 cal].....	\$8.00
Kale Quinoa Salad [440 cal].....	\$9.00
Vegan Potato Salad [560 cal].....	\$8.00

*\*Additional Nutritional Information Available Upon Request*

*\*2000 Calories a Day is Used for General Nutrition advice, but Calorie Needs vary*



# coffee & tea

## Brewed Coffee [regular or decaf]

	Tall	[cal]	Grande	[cal]	Venti	[cal]
Pike Place Roast....	\$3.60	[5]	\$4.40	[5]	\$5.00	[5]
	Single	Double	Triple	Quad		
Espresso.....	\$3.10 [5]	\$3.90 [10]	\$4.50 [15]	\$5.90 [20]		

## Espresso Drinks

	Tall	[cal]	Grande	[cal]	Venti	[cal]
Latte.....	\$5.50	[150]	\$6.30	[190]	\$6.90	[240]
Cappuccino.....	\$5.45	[90]	\$6.25	[120]	\$6.85	[150]
Mocha.....	\$5.85	[300]	\$6.65	[370]	\$7.25	[460]
Caramel Macchiato...	\$6.25	[190]	\$7.05	[250]	\$7.65	[310]
Americano.....	\$4.70	[10]	\$5.50	[15]	\$6.10	[25]
Add Espresso Shot...	\$0.95	[5]				

## Extras

Add Soy, Almond, or Coconut Milk.....\$0.75 [5 -15 cal]

## Coffee Alternatives

	Tall	[cal]	Grande	[cal]	Venti	[cal]
Hot Tea.....	\$3.70	[0]	\$4.50	[0]	\$5.10	[0]
Chai Tea Latte.....	\$5.30	[160]	\$6.10	[230]	\$6.70	[290]
Hot Chocolate.....	\$4.90	[330]	\$5.70	[410]	\$6.30	[510]

## Iced Options

	Tall	[cal]	Grande	[cal]	Venti	[cal]
Coffee.....	\$4.55	[60]	\$5.35	[80]	\$5.95	[130]
Latte.....	\$5.80	[100]	\$6.60	[130]	\$7.20	[180]
Mocha.....	\$6.05	[260]	\$6.85	[350]	\$7.45	[460]
Caramel Macchiato.....	\$6.50	[180]	\$7.30	[250]	\$7.90	[350]
Chai Tea Latte.....	\$5.45	[100]	\$6.25	[230]	\$6.85	[230]
Iced Tea.....	\$4.35	[60]	\$5.15	[80]	\$5.75	[120]
Iced Tea Lemonade.....	\$4.35	[80]	\$5.15	[110]	\$5.75	[140]
Caramel Frappe.....	\$6.45	[290]	\$7.25	[410]	\$7.85	[520]
Coffee Frappe.....	\$6.60	[180]	\$7.40	[240]	\$8.00	[350]
Mocha Frappe.....	\$6.50	[290]	\$7.30	[410]	\$7.90	[520]
Vanilla Bean Frappe.....	\$6.50	[280]	\$7.30	[400]	\$7.90	[490]