

sandwiches 3.89

egg and cheese
on an english muffin

egg, cheese and bacon
on an english muffin

mexicali breakfast
on an english muffin



Get the Good Stuff



smoothies 5.25

- berry
- tropical
- vegan carrot
- vegan green

protein shot 1.50

vegan protein shot 1.50

fresh squeezed orange juice 3.99

hot oatmeal w/ 2.49

+ dried fruit
+ brown sugar

red river cereal 2.49

breakfast

premium salads 3.99

- orzo spinach w/ feta
- quinoa salad w/ feta cheese and tomato
- barley salad w/ sweet corn and cilantro

Get the Good Stuff
smoothies 5.25

- berry
- tropical
- vegan carrot
- vegan green

protein shot 1.50

vegan protein shot 1.50

small soup 12 oz 3.69

large soup 16 oz 4.69

small chili 12oz 4.69

large chili 16oz 5.99

fresh squeezed orange juice
3.99

lunch + dinner



every day sandwiches

grilled cheese	3.25
blt	4.25
turkey bacon club ciabatta	6.25
tuna salad ciabatta	5.25

specials this week

market vegetable flatbread	6.79
cranberry, turkey & brie ciabatta	6.99
roast beef, provalone & mushroom flatbread	6.79



VEGETARIAN



VEGAN

sandwiches



get the good stuff • fresh food fast

get the
good
stuff

get the good stuff • fresh food fast • get the good stuff

every day sandwiches

grilled cheese	3.25
blt	4.25
turkey bacon club ciabatta	6.25
tuna salad ciabatta	5.25

specials this week

hummus, spinach & portabella flatbread	6.99
chicken & monterey jack ciabatta	6.79
roast beef & chimichirri mayo ciabatta	6.99



VEGETARIAN



VEGAN

sandwiches



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