## minows

## all day breathfast

build your own breakfast sandwich 4.25 | varies
" choice of bagel (200 cal) or English muffin (100 cal)
TOPPED WITH YOUR CHOICE OF:
" choice of cage-free egg ( 60 cal ) or egg whites ( 20 cal$)^{*}$
" choice of sausage ( 180 cal ) or bacon (160 cal)
» cheese ( 100 cal )
spinach (10 cal)
build your own breakfast wrap 4.25 | varies * wrap (210 cal)

TOPPED \& WRAPPED WITH YOUR CHOICE OF:
" choice of cage-free egg ( 60 cal ) or egg whites ( 20 cal )*
choice of sausage (180 cal) or bacon (160 cal)
cheese ( 100 cal )
" spinach (10 cal)
" potatoes (150 cal)
(V) jumbo muffin 2.95 | 420 cal.
assorted breakfast pastries 2.75 | 280-320 cal.

## saluads

Ram salad 6.50 | 480 cal
spring mix, diced marinated chicken, feta cheese dried cranberries, candied walnuts, and balsamic vinaigrette
chicken salad 6.25 | 800 cal
diced chicken, cranberries, celery, yellow onion,
and light mayo on wheatberry bread

## abrarps

Ram wrap 6.25 | 480 cal
turkey, provolone, bacon, lettuce, and ranch on a flour wrap
chicken bacon ranch wrap 6.25 | 890 cal.
chicken tenders with bacon, romaine, and ranch on a flour wrap
FF chicken wrap 6.25 | 760 cal.
choice of chicken tenders or grilled Heartland Fresh Family Farm's chicken, with lettuce, tomato, onion, and choice of cheese and dressing on a flour wrap

## ryour the grill

(V) grilled cheese 3.95 | 290 cal.

American cheese melted between Texas toast
FF hamburger 6.25 | 490 cal
Heartland Fresh Family Farm's beef patty's fresh off the grill. your choice of wheat or white bun, red onion, leaf lettuce, pickles, and sliced tomato

## B.L.T. 4.95 | 510 cal.

V malibu burger 4.95 | 340 cal.
black bean patty fresh off the grill with your choice of wheat or white bun, and topped with red onion, leaf lettuce, pickles, and sliced tomato

## FF chicken sandwich $5.50 \mid 340$ cal.

Heartland Fresh Family Farm's chicken breast marinated and grilled, and served on your choice of wheat or white bun, with red onion, leaf lettuce, pickles, and sliced tomato

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## quefadivllas

V cheese quesadilla 5.75 | 560 cal.
blended cheeses melted in a flour tortilla
FF chicken quesadilla 6.75 | 530 cal.
diced Heartland Fresh Family Farm's chicken
and blended cheeses melted in a flour tortilla

## parivis

(V) caprese pesto mozzarella 5.75 | 410 cal.
mozzarella cheese and sliced tomato topped with pesto on panini bread
house-roasted turkey club 6.75 | 650 cal.
turkey, bacon, provolone cheese, mayo, and spinach on panini bread

## mix 'n match

soup of the day $2.25 \mid$ varies(G) side salad 2.25 | 200 cal.
(V) FF W Homestead cheese curds 4.25 | 330 calbeer battered onion rings 2.75 | 200 cal.mozzarella sticks 4.25 | 170 cal.seasoned potato wedges 1.95 | 170 cal.
chicken tenders (3 piece) $4.95 \mid 460$ cal.
(5 piece) 6.95 | 920 cal.
fried chicken tenders served with your choice of sauce: CluckyQ, bbq, honey mustard, ranch, and buffalo

| Coffee/Moye | $120 z$ | $160 z$ |
| :--- | :--- | :--- |
| brewed coffee | 1.75 | 2.25 |
| cold brew | 2.25 | 2.75 |
| hot cocoa <br> topped with whipped cream | 3.00 | 3.75 |
| steamer <br> steamed mik with flavored syrup | 1.75 | 2.25 |

## Add-ons

| extra shot of espresso | 1.00 | London fog latte | - | 5.50 |
| :---: | :---: | :---: | :---: | :---: |
| flavored syrup . 75 choose from: |  |  |  |  |
| - caramel - pomegranate |  | Espuegso |  |  |
| - cherry | - creme de menthe white chocolate |  | $120 z$ | $160 z$ |
| - lavender- peppermint |  | espresso | 2.00 | 50 |
| hazelnut (sugar free option available) vanilla (sugar free option available) |  | espresso | 2.00 | 2.50 |
|  |  | American | 2.25 | 50 |
| whipped cream | . 50 | vienna | 2.25 | 2.50 |
|  |  | served with light whip |  |  |
|  |  | latte | 3.25 | 3.75 |
|  |  | cappuccino | 3.50 | 4.00 |
| All milk-based drinks are prepared with $2 \%$ milk unless specified. |  | mocha | 3.50 | 4.00 |
| Milk alternatives are available upon request. |  | caramel macchiato | 3.75 | 4.25 |


| Teay | 120z | $160 z$ |
| :---: | :---: | :---: |
| numi tea | 2.00 | - |
| matcha tea | 2.00 | - |
| matcha latte | - | 5.50 |
| chai latte | 3.25 | 4.00 |
| dirty chai <br> chai with espresso | - | 4.25 |
| dirty chai latte <br> chai, milk, and espresso | - | 4.25 |
| London fog latte | - | 5.50 |
| tcparesgo | 120z | $160 z$ |
| espresso | 2.00 | 2.50 |
| Americano | 2.25 | 2.50 |
| vienna <br> served with light whip | 2.25 | 2.50 |
| latte | 3.25 | 3.75 |
| cappuccino | 3.50 | 4.00 |
| mocha | 3.50 | 4.00 |
| caramel macchiato | 3.75 | 4.25 |

$120 z$ 3.75
raspberry, strawberry, or pumpkin syrup, with white or dark chocolate, light whip, chocolate chips

| peppermint patty <br> vanilla and peppermint syrups, <br> with dark chocolate sauce | $\mathbf{3 . 7 5}$ | $\mathbf{4 . 2 5}$ |
| :--- | :--- | :--- |
|  |  |  |

chocolate salted caramel $3.75 \quad 4.25$
white or dark chocolate sauce, caramel syrup whip, caramel drizzle, light kosher salt

## honey vanilla

 vanilla syrup and honey
$3.50 \quad 4.00$



[^0]:    *These items may be served raw or undercooked. Consuming raw or undercooked meats/eggs may increase your risk of foodborne illness.

