

ALL DAY BREAKFAST PRICE | CAL

BYO breakfast sandwich 4.75 | varies

- » English muffin
- » choice of cage-free egg or egg whites*
- » choice of sausage, bacon, or vegetarian sausage
- » choice of cheese: cheddar, pepper jack, provolone, or American
- » spinach
- » optional - have it on a bagel! +\$.50

BYO breakfast wrap 5.25 | varies

- » wrap (230 cal)
- » choice of cage-free egg or egg whites*
- » choice of sausage, bacon, or vegetarian sausage
- » choice of cheese: cheddar, pepper jack, provolone, or American
- » spinach
- » add potatoes +\$.50

V jumbo muffin 3.50

V assorted pastries 3.50

WRAP IT UP PRICE | CAL

FF Ram wrap 7.50 | 730

turkey, provolone, Heartland Fresh Family Farm bacon, lettuce, and house-made ranch dressing on a flour wrap

FF crispy chicken bacon ranch wrap 7.50 | 860

fried chicken with Heartland Fresh Family Farm bacon, romaine, and house-made ranch in a flour wrap

FF grilled chicken bacon ranch wrap 7.50 | 660

Heartland Fresh Family Farm grilled chicken and bacon, romaine, and house-made ranch in a flour wrap

FF chicken wrap 6.75

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

ONE OF A KIND PRICE | CAL

BYO deli sandwich or wrap 6.25

BETWEEN TWO SLICES PRICE | CAL

FF chicken salad sandwich 6.50 | 330

diced Heartland Fresh Family Farm chicken, cranberries, celery, yellow onion, and light mayonnaise on wheatberry bread

VG black bean burger 5.95 | 260

black bean patty fresh off the grill with your choice of wheat or white bun, topped with red onion, leaf lettuce, pickles, and sliced tomato

grilled cheese 4.50 | 380

American cheese melted between Texas toast

FF classic BLT sandwich 5.95 | 550

Heartland Fresh Family Farm bacon, lettuce, tomato, and mayonnaise

FF beef hamburger 6.50 | 490

Heartland Fresh Family Farm's all natural grass-fed beef patty fresh off the grill with your choice of wheat or white bun, red onion, leaf lettuce, pickles, and sliced tomato

FF grilled chicken sandwich 6.75 | 330

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

CRISP & GREEN PRICE | CAL

FF IG Ram salad 6.95 | 450

spring mix, diced marinated Heartland Fresh Family Farm chicken, feta cheese, dried cranberries, candied walnuts, and fat-free raspberry vinaigrette

VG IG side salad 2.25 | 200

WHAT'S THE BIG DILLA? PRICE | CAL

V cheese quesadilla 5.75 | 550

blended cheeses melted in a flour tortilla

FF chicken quesadilla 6.95 | 690

diced Heartland Fresh Family Farm's chicken and blended cheeses melted in a flour tortilla

FEELIN' PRESSED PRICE | CAL

V caprese pesto mozzarella 6.95 | 510

mozzarella cheese and sliced tomato topped with basil spinach pesto on panini bread

FF turkey club 7.75 | 580

house-roasted turkey, Heartland Fresh Family Farm bacon, provolone cheese, spinach, and mayonnaise on Italian bread

MIX 'N MATCH PRICE | CAL

V LC WW Homestead curds 4.95 | 340

V beer battered onion rings 4.00 | 360

V mozzarella sticks 4.95 | 510

V seasoned potato wedges 3.25 | 110

chicken tenders (3 piece) 5.00 | 510

(5 piece) 7.00 | 1020

with your choice of sauce: CluckyQ, bbq, honey mustard, ranch, or buffalo

*These items may be served raw or undercooked. Consuming raw or undercooked meats/eggs may increase your risk of foodborne illness. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.

COFFEE/OTHER

12oz / cal. 16oz / cal.

| | | |
|---------------------|-------------------|--------------------|
| brewed coffee/decaf | 2.50 / 0 | 3.00 / 0 |
| cold brew | 2.75 / 0 | 3.25 / 0 |
| hot chocolate+whip | 3.50 / 230 | 4.00 / 310 |
| steamer | 2.75 / 240 | 3.25 / 300 |
| espresso shot | 2.25 / 5 (single) | 2.75 / 10 (double) |

ADD-ONS

| | |
|---------------------|-------------|
| extra espresso shot | 1.00 / 5 |
| syrops/sauces | .75 / 0-100 |
| whipped cream | .50 / 10 |

TEAS

12oz / cal. 16oz / cal.

| | | |
|--------------------------------------|------------|------------|
| numi tea | 2.50 / 10 | - |
| matcha tea latte | - | 5.50 / 70 |
| chai latte | 4.00 / 210 | 4.50 / 280 |
| dirty chai (+ espresso) | - | 4.50 / 180 |
| dirty chai latte (+ milk & espresso) | - | 5.25 / 160 |
| London fog latte | - | 5.00 / 230 |

ESPRESSO DRINKS

12oz / cal. 16oz / cal.

| | | |
|----------------------------------|------------|------------|
| Americano | 2.50 / 5 | 3.00 / 5 |
| vienna served with light whip | 2.50 / 15 | 3.00 / 15 |
| latte | 3.75 / 80 | 4.25 / 110 |
| cappuccino | 4.25 / 110 | - |
| mocha | 4.50 / 140 | 5.00 / 190 |
| caramel macchiato | 4.50 / 200 | 5.00 / 280 |

ESPRESSO SPECIALTY

12oz / cal. 16oz / cal.

| | | |
|--|------------|------------|
| peppermint patty vanilla and peppermint syrups, with dark chocolate sauce | 4.75 / 440 | 5.25 / 590 |
| cocoa salty caramel white or dark chocolate sauce, caramel syrup, whip, caramel drizzle, light kosher salt | 4.75 / 350 | 5.25 / 460 |
| honey vanilla vanilla syrup and honey | 4.25 / 160 | 4.75 / 200 |
| cinnamon dolce latte | 4.50 / 120 | 5.00 / 130 |

CHILLED

price / cal.

blended smoothie 4.50 / 320-510
+ banana \$.50

choose from:
- mango - peach
- pina colada - raspberry
- strawberry

raspeach beach 5.25 / 260
raspberry and peach smoothie mixes, lemonade, ice

dreamsicle 5.25 / 210
orange smoothie mix, vanilla syrup, whip, ice

Zamora's frappe 5.50 / 240-250
choice caramel, mocha, or vanilla syrup, with
espresso and milk, blended and topped with whip cream

matcha frappe 5.75 / 80

chai chiller 5.25 / 300
vanilla or caramel, blended with chai, milk and ice

frozen lemonade 4.00 / 90
lemonade, your choice of syrup, and ice

Italian cream soda 3.50 / 160
carbonated water, choice of syrup,
half and half, and ice

fountain beverage 2.00 / 180-230

choose from:
- Coke - Diet Coke - Sprite
- Pibb Xtra - Barq's Root Beer - Minute Maid Lemonade



All milk-based drinks are prepared
with local partner WW Homestead 2% milk unless specified.

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

Milk alternatives are available upon request.