

Lunch and Recovery

- LUNCH - (10:30 AM - 1PM)

INNOVATIVE ENTRÉES

SERVED WITH SEASONED WAFFLE FRIES
(SUBSTITUTE FRIES WITH A SMALL TOSSED SALAD)

FISH TACOS \$10.50
FRIED MAHI MAHI/COD FISH SERVED ON A WARM SOFT TORTILLA SHELL TOPPED WITH COLESLAW, TOMATOES, SHREDDED MEXICAN CHEESE BLEND AND TOPPED WITH FRESH CILANTRO & SPECIAL SAUCE

GREEK GYRO \$10.75
GRILLED LAMB & BEEF DRIZZLED WITH TZATZIKI SAUCE. TOPPED WITH TOMATO CUCUMBER SALAD & SERVED ON A WARM GREEK PITA

ENTRÉES

SOLO: CHOICE OF MEAT(S) SERVED ON A KAISER ROLL AND COMES WITH COLESLAW AND A JALAPENO

COMBO: SAME AS ABOVE AND COMES WITH CORNBREAD AND MAC 'N' CHEESE

PULLED PORK \$8.00 SOLO \$10.00 COMBO
SLOW-COOKED SHREDDED PORK INFUSED WITH MARINADE AND RUBBED WITH A SPECIAL SPICE BLEND

PULLED CHICKEN \$7.00 SOLO \$9.00 COMBO
TENDER CHICKEN MARINATED IN A SPICE BLEND, SLOW-SMOKED AND HAND-PULLED

HOT SIDE ITEMS

WAFFLE FRIES \$2.95
SERVED HOT AND CRISPY WITH A SPRINKLE OF HOUSE SEASONING

LOADED WAFFLE FRIES \$3.95
WAFFLE FRIES SPRINKLED WITH STEAK SEASONING AND TOPPED WITH SHREDDED CHEDDAR CHEESE, GREEN ONIONS AND REAL BACON BITS

TATER TOTS \$2.75

CHICKEN & BURGERS

SERVED WITH SEASONED WAFFLE FRIES (SUBSTITUTE FRIES WITH A SMALL TOSSED SALAD)

MUSHROOM-SWISS BURGER \$8.50
A HALF-POUND OF BROILED ANGUS BEEF SERVED WITH SAUTÉED MUSHROOMS, ONIONS AND MELTED SWISS CHEESE ON A WARM TOASTED BUN

CLUB BURGER \$7.50
A HALF-POUND OF ANGUS BEEF SERVED ON WARM TOASTED BUN WITH FRESH TOPPINGS

CLUB BACON CHEESEBURGER \$8.50
A HALF-POUND OF ANGUS BEEF SERVED WITH SMOKED BACON AND FRESH TOPPINGS ON A WARM TOASTED BUN

GRILLED CHICKEN CLUB \$8.50
BROILED SEASONED CHICKEN BREAST SERVED WITH BACON AND FRESH TOPPINGS ON A WARM TOASTED BUN

CHICKEN FINGERS (4EA) \$7.25
CRISPY ALL WHITE-MEAT CHICKEN WITH BUTTERMILK RANCH OR HONEY DIJON MUSTARD AND A SIDE OF COLESLAW

ADD SIDE OF BACON \$1.95

SPECIALTY SANDWICHES

SERVED WITH SEASONED WAFFLE FRIES (SUBSTITUTE FRIES WITH A SMALL TOSSED SALAD)

CHICKEN SHAWARMA \$9.50
FLATBREAD STUFFED WITH MIDDLE EASTERN CHICKEN, LAYERED WITH SLICED LETTUCE, PICKLES AND TOMATOES. BRUSHED WITH A GARLIC CREAM SAUCE

CUBAN PORK SANDWICH (CUBANOS) \$11.75
THIN SLICES OF BAKED LEG HAM AND MOJO MARINATED PORK. BAGUETTES STUFFED WITH SWISS CHEESE AND COATED WITH AMERICAN MUSTARD. SKILLET COOKED TO ORDER ON STOVETOP GRILL

FRESH & READY SALADS

ASIAN CHICKEN \$7.25
ROMAINE LETTUCE WITH SHREDDED CABBAGE. TOPPED WITH CHICKEN STRIPS, CUCUMBERS, SLICED RED ONION, WONTON NOODLES AND TWO PACKETS OF SESAME ASIAN SAUCE

CAESARS SALAD \$7.25
STRIPS OF GRILLED CHICKEN ON A BED OF ROMAINE LETTUCE TOPPED WITH PARMESAN CHEESE, CROUTONS AND BLACK OLIVES

ESPRESSO ENJOY HOT OR ICED

(NOTE: ICED COMES IN MED OR LG ONLY)

	SM	MED	LG
CAFÉ LATTE	\$3.15	\$3.65	\$4.15
CAPPUCCINO	\$2.95	\$3.65	\$4.15
CAFÉ MOCHA	\$3.45	\$4.15	\$4.65
CARAMEL MACCHIATO	\$3.65	\$4.45	\$4.95
CARAMEL MACCHIATO	\$3.65	\$4.45	\$4.95
WHITE CHOCOLATE MOCHA	\$3.65	\$4.45	\$4.95
CAFÉ AMERICANO	\$2.75	\$3.50	\$3.95
ESPRESSO SOLO	\$1.95		
ESPRESSO DOPPI	\$2.25		
REGULAR COFFEE	\$1.85	\$1.95	\$2.25
CHAI LATTE		\$3.95	\$4.25

ADD
ESPRESSO (ADDITIONAL) \$1.00
FLAVORED SYRUP \$.55
ALMONDMILK, SOY MILK, COCONUT MILK \$.55

BLENDABLE DRINKS	SM	MED	LG
MANGO/STRAWBERRY		\$3.95	\$4.45

BEVERAGES

SODA (ASSORTED) \$1.50
BOTTLED WATER / JUICES (ASSORTED) \$2.75
CALYPSO LEMONADE \$2.75
TRIPLE MELON, STRAWBERRY, BLACK CHERRY, ORIGINAL & OCEAN BLUE
ENERGY DRINK \$3 - \$3.50
C2O \$3.00

BREAKFAST SANDWICHES

SERVED WITH TATER TOTS

FRESH START (785 CAL.) \$4.95
BACON, EGG, AND SHARP CHEDDAR ON ARTISAN ROLL

HEALTHY SUNRISE (391 CAL.) \$4.95
EGG WHITES, TURKEY SAUSAGE PATTY, SPINACH AND HAVARTI CHEESE ON AN ENGLISH MUFFIN

GOOD MORNING BLT (636 CAL.) \$4.95
EGG, BACON, CHEDDAR CHEESE, LETTUCE, AND TOMATO ON SOURDOUGH

SIDE ITEMS

CLASSIC OATMEAL (282 CAL) \$3.25
DRIED FRUITS AND NUTS

GRANOLA YOGURT PARFAIT \$4.25

ASSORTED CHIPS \$1.25

ASSORTED MUFFINS \$2.75

ASSORTED PASTRIES \$3.00