

# LUNCH SANDWICHES

- ANT'S CHICKEN** **\$7.99**  
All natural hormone free chicken breast tossed with finely chopped celery, apples, walnuts and raisins, a touch of curry, mayonaise and mixed greens. Served on Ciabatta bread.
- TUSCAN TUNA** **\$7.99**  
Albacore tuna tossed with finely chopped red onions, red bell peppers, capers, spinach and mayonaise. Topped with provolone cheese and served on Ciabatta bread.
- CHURCHILL'S TURKEY** **\$7.99**  
Sliced, roasted smoked turkey breast, topped with mixed greens, tomato, swiss cheese and our house-made basil pesto mixed with a touch of mayonaise. Served on a Multigrain with flax seed bread.
- CAPRESE HAM** **\$7.99**  
Thinly sliced smoked ham, fresh mozzarella cheese, tomatoes and mixed greens, seasoned with our house-made balsamic vinaigrette. Served on Ciabatta bread.
- NEW YORK LOX** **\$7.99**  
A New York Classic, your choice of toasted bagel with cream cheese, smoked salmon, fresh sliced tomato, cucumbers, red onions and capers.
- BMT** **\$6.99**  
Applewood smoked bacon, topped with mixed greens, tomatoes and our house-made basil mayonaise. Served on Multigrain with flax seed bread.

# SIMPLY HEALTHY SALADS

- FIG** **\$9.45**  
Mixed greens, dried black figs, goat cheese, bacon bits and grape tomatoes. Served with our bagel chips and balsamic vinaigrette.
- HARVEST** **\$9.45**  
Mixed greens, gala apples, pecans, dried cranberries, house-made caramelized onions and goat cheese. Served with bagel chips and cranberry vinaigrette.
- BLUEBERRY** **\$9.45**  
Bed of spinach topped with fresh blueberries, house-made caramelized onions, feta cheese and walnuts. Served with our bagel chips and blueberry vinaigrette.

SMOOTHIES <Offered April - September> and SOUPS <Offered October-March>  
Call the Cafe, for more information.

# COFFEE & ESPRESSO

CARPE DIEM  
BREWED COFFEE  
CAPPUCCINO  
CAFE MOCHA  
CAFE LATTE  
CHAI LATTE



AMERICANO  
RED EYE  
STEAMER  
HOT CHOCOLATE  
WHITE HERON  
TEA