



**MENU**

# COFFEE + ESPRESSO + TEA

Iced Coffee available in Medium or Large

	Small	Medium	Large
☘ House Blend of the Day	\$2.00	\$2.50	\$3.00
Cappuccino	\$4.00	\$4.50	\$5.50
Caramel Macchiato	\$5.25	\$5.75	\$6.75
Mocha	\$5.25	\$5.75	\$6.75
White Mocha	\$5.25	\$5.75	\$6.75
Latte	\$4.00	\$4.50	\$5.50
☘ Americano	\$3.00	\$3.50	\$4.50
☘ Chai Tea Latte	\$3.50	\$4.00	\$5.00
Blended Frappe	\$5.50	\$6.00	\$7.00
Hot Chocolate	\$3.00	\$3.50	\$4.50
☘ Hot Tea	\$1.50	\$2.00	\$2.50

## FLAVORED SYRUP

\$0.75

- Vanilla
- Hazelnut
- Caramel
- Peppermint
- Coconut
- Irish Cream
- Toffee
- Marshmallow
- Dark Chocolate
- Strawberry
- Raspberry

sugar free  
sugar free  
sugar free



## ESPRESSO SHOT

\$1.50

## MILK SUBSTITUTIONS

\$0.75

Oat · Soy · Almond · Coconut



# BREAKFAST

Served from 6:30am - 10:30am

**Jumbo Cinnamon Roll** (460 cal) **\$4**

**Breakfast Burrito** (760 cal) **\$8**

12" Flour Tortilla + Two Eggs + Double Meat + Shredded Cheddar + Grilled Onions + Salsa

**Egg Sandwich** (400 cal) **\$5**

Bacon, Sausage, Ham, Turkey Sausage, or No Meat (Extra Egg) + Choice of Cheese + One Egg + Ciabatta Roll  
Substitute Bagel or Croissant for \$0.75

**Bagel with Cream Cheese** (380 cal) **\$3**

Plain, Cinnamon Raisin, or Blueberry + Strawberry or Regular Cream Cheese

**Fresh Fruit Parfait** (410 cal) **\$6**

Cut Seasonal Fruit & Berries + Greek Yogurt + Granola

**Avocado Toast** (410 cal) **\$7**

Tomato + Fresh Baby Spinach + Feta Cheese + Choice of Scrambled or Hard Boiled Egg + Wheat Bread

**Muffins** **\$4**

- Double Chocolate (420 cal)
- Apple Cinnamon (420 cal)
- Blueberry (400 cal)
- Banana Nut (390 cal)



Served from 10:30am - 1:30pm

# SANDWICHES

Any Sandwich can be toasted

# FLATBREAD PIZZA

**Make it a Combo!**  
Add Chips & Fountain Drink +\$3

**Club (550 cal)** **\$10**

Ham + Turkey + Bacon

**New Yorker (540 cal)** **\$10**

Ham + Turkey + Roast Beef

**Italian (670 cal)** **\$10**

Ham + Salami + Pepperoni

**French Dip (515 cal)** **\$10**

Roast Beef + Au Jus

**Deli (460 cal)** **\$9**

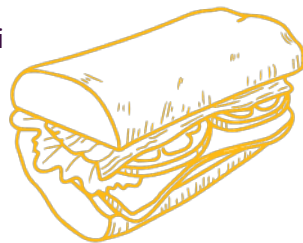
Ham, Turkey, Roast Beef, Chicken Salad or Tuna Salad

**Portabella (500 cal)** **\$8**

Mushroom + Cucumber + Roasted Red Pepper + Avocado + Shredded Carrots

**Kraken Way**

Lettuce + Tomato + Onion + Pickle  
Oil & Vinegar available upon request



**BREADS** White or Wheat Hoagie · Whole Wheat or Flour Tortilla | Substitute Croissant \$1

**CHEESES** Provolone · Swiss · American · Cheddar · Pepper Jack

**Cheese (360 cal)** **\$6**

Marinara or White Sauce Base + Mozzarella Blend, Fresh Mozzarella, or Feta Cheese

**Hawaiian (480 cal)** **\$9**

Marinara + Cheese Blend + Applewood Smoked Ham + Bacon + Pineapple + Fresh Jalapeño

**Margherita (380 cal)** **\$8**

Marinara + Fresh Mozzarella + Tomato + Basil + Olive Oil

**Greek (490 cal)** **\$9**

White Sauce + Feta + Ham + Salami + Onion + Pepperoncini + Black Olives

**Buffalo Chicken (650 cal)** **\$9**

White Sauce + Mozzarella Blend + Grilled Chicken + Frank's Hot + Ranch

**MEATS** **\$1**

- Pepperoni
- Grilled Chicken
- Italian Sausage
- Meatball
- Ham
- Bacon
- Salami



**VEGGIES** **\$0.50**

- Onion
- Red Pepper
- Portabella
- Tomato
- Black Olive
- Jalapeno
- Baby Spinach
- Pepperoncini

## GRAB + GO

**Deli Wraps** **\$8**

**Small Garden Salad** **\$4**

**Fresh Fruit** **\$4**

**Pasta Salad** **\$3**

**Chips** **\$1.50**

**Bottled Water** **\$2**

**Can Soda** **\$1.50**

**Orange Juice** **\$3.50**

**Iced Tea Drinks / Smart Water** **\$3**

**Energy Drinks** **\$3.50**

**Assorted Desserts** **\$4**

**Cookies** **\$2**

# SOUP + SALADS

## Soup of the Day

Chef's Selection + Crackers

\$4

## Kraken Salad (675 cal)

Turkey, Ham, Grilled Chicken, Chicken Salad or Tuna Salad + Cheddar + Tomato + Cucumber + Onion + Egg + Crouton + Shredded Carrots

\$10.50

## Taco Salad (690 cal)

Seasoned Ground Beef + Tortilla Chips + Cheddar + Shredded Lettuce + Tomato + Fresh jalapenos + Avocado + Onion + Salsa + Sour Cream

\$10

## Chopped Italian Salad (740 cal)

Ham + Salami + Pepperoni + Mozzarella + Tomato + Cucumber + Onion + Pepperoncini + Black Olive

\$11

## Caesar Salad (270/420 cal)

Romaine + Crouton + Shaved Parmesan  
Add Chicken \$4

\$4 / \$6

## House Salad (240/380 cal)

Romaine + Cucumber + Cheddar + Tomato + Onion + Crouton + Shredded Carrots  
Add Chicken \$4

\$4 / \$6



## WEEKLY SPECIALS

\$9 Specials | Add Drink +\$1.50



### MON

Mix & Match choose 2

Soup · Half Sandwich · Side Salad

### TUE

Smoked Brisket BBQ Sandwich  
(690 cal)

### WED

Meatball Sub

### THU

Greek Chicken Salad  
(490 cal)

### FRI

Buffalo Chicken Quesadilla