





**MEAL EXCHANGE** 

includes a canned beverage & Ballreich's chips

# **SANDWICHES**

- turkey, cheddar, garlic aioli, arugula and tomato on a telera roll
- THE ITALIAN \$9.99 | 870 CAL salami, capicola, pepperoni, provolone cheese, red onion, tomato, banana peppers, lettuce and Italian dressing on an 8" hoagie
- PESTO BALSAMIC CAPRESE \$8.99 | 620 CAL V pesto, tomato, fresh mozzarella, arugula and balsamic drizzle on a telera roll
- BUFFALO CHICKEN WRAP \$8.49 530 CAL Chicken, Buffalo sauce, ranch dressing, lettuce, tomato, and onion in a tortilla
- THE MADELYN \$8.49 | 540 CAL ● red pepper hummus, spinach, cucumber, bell peppers, balsamic drizzle on "Madelyn's focaccia"

# PIZZA & FLATBREADS

locally sourced pizza crust from Harvest Pizzeria

⊕ CHEESE — \$8.99 | 910 CAL **V** 

PEPPERONI — \$9.99 | 910 CAL

**VEGGIE** — \$9.99 | 730 CAL **V** 

ALOHA BBQ CHICKEN FLATBREAD — \$9.99 | 820 CAL

CLASSIC MARGHERITA FLATBREAD — \$9.99 | 700 CAL V

### **EXTRAS**

BOSCO STICKS (3) — \$7.99 | 700 CAL V **c**heesy filled bread sticks served with marinara sauce

HUMMUS & VEGGIES — \$6.99 | 290 CAL (1) (8) red pepper hummus, cherry tomatoes, cucumbers, celery and carrots

PRETZEL BITES (8) — \$7.99 | 440 CAL 😯 served with a zesty cheddar cheese dipping sauce

### **SIDES**

BALLREICH'S CHIPS — \$2.49

FRESH WHOLE FRUIT — \$0.99









# **BEVERAGES**

LATTE — 120Z \$4.29 | 140 CAL 160Z \$4.79 | 200 CAL 🔌 😗

steamed milk and 2 shots of espresso

CARAMEL MACCHIATO — 120Z \$4.59 | 250 CAL 160Z \$4.99 | 440 CAL 🔌 🕜

caramel sauce, steamed milk and 2 shots of espresso

MOCHA — 120Z \$4.49 | 270 CAL 160Z \$4.99 | 480 CAL 🔌 😗

dark chocolate sauce, steamed milk and 2 shots of espresso

AMERICANO — 120Z \$3.29 | 5 CAL 160Z \$3.79 | 5 CAL 🕲 🚺

hot water and 2 shots of espresso

CAPPUCCINO — 120Z \$4.19 | 140 CAL 🕲 🕜

milk foam and 2 shots of espresso

RED EYE — 120Z \$4.29 | 5 CAL 🔌 👣

drip coffee and 1 shot of espresso

COLD BREW — 200Z \$4.29 | 22 CAL 🚷 🚯

ORGANIC HOT TEA — 120Z \$2.99 | 0 CAL 160Z \$3.29 | 0 CAL 🚷 🕜

Choose from zesty green tea, scarlet & grey or ginger hibiscus

CHAI TEA LATTE — 120Z \$4.39 | 230 CAL 160Z \$4.89 | 310 CAL 🔌 🕜

chai tea and steamed milk

HOT CHOCOLATE — 120Z \$3.39 | 370 CAL 160Z \$3.79 | 540 CAL 🔌 🕜

dark chocolate sauce and steamed milk

HOT APPLE CIDER — 120Z \$3.39 | 260 CAL 160Z \$3.79 | 380 CAL 🚷 🕜

hot apple cider, caramel and cinnamon

HOT MATCHA LATTE — 120Z \$4.39 | 180 CAL 🔌 😗

matcha green tea, steamed milk and vanilla

ICED MATCHA LATTE — 160Z \$4.89 | 220 CAL 🕲 😗

matcha green tea, milk and vanilla

#### **FLAVOR SYRUPS +\$0.99**

CARAMEL | 80 CAL 👔 🕜

VANILLA | 60 CAL 🐞 🐞 CHOCOLATE | 90 CAL 🔌 🕜

WHITE CHOCOLATE | 90 CAL & V

HAZELNUT | 80 CAL 🝇 🐞

HONEY | 80 CAL

SUGAR FREE VANILLA | 0 CAL & (\*)

SUGAR FREE CARAMEL | 0 CAL & (\*)

#### **MILK OPTIONS**

WHOLE MILK | 140 CAL 🔌 🕜

2 % MILK | 120 CAL 🔌 🕜

HALF & HALF | 140 CAL 🔌 🗸

ALMOND MILK | 30 CAL 🔌 🎁

OAT MILK | 140 CAL 🔌 🌓

SOY MILK | 110 CAL 🔌 👣

**EXTRA ESPRESSO SHOT** + \$0.99

local partners









