

# Breakfast

## BAKED GOODS

donuts	\$2.50
assorted muffins	\$3.00

## ASSORTED BAGELS

with butter	\$3.00
with cream cheese	\$3.25

## QUICK PICKS

fresh fruit 🍷	\$4.00
yogurt parfait 🍷	\$3.50
hand fruit 🍷	\$1.25
hard boiled eggs 🍷	\$3.50
strawberry/mango 🍷	\$4.50

## SANDWICHES

### EGG & CHEESE\*

roll/wrap	\$4.00
bagel	\$4.25
croissant	\$4.50

### BACON, EGG & CHEESE\*

roll/wrap	\$5.00
bagel	\$5.25
croissant	\$5.50

### SAUSAGE, EGG & CHEESE\*

roll/wrap	\$5.00
bagel	\$5.25
croissant	\$5.50

### WAKE UP WRAP \$6.25



MAKE IT A WINNING CHOICE HOLD  
THE BREAD AND ADD A HAND FRUIT

## HOT BEAKFAST

hash browns (2)	\$3.25
tater tots	\$4.00
french toast sticks (4)	\$4.50
with maple syrup	
waffles	\$4.50
pancakes	\$4.50
chicken & waffles	\$8.00

\*This item can be cooked to order. Consuming raw or undercooked meats, fish, shellfish or fresh shell eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

Before placing your order, please inform your server if a person in your party has a food allergy.





# Sandwiches

## SIGNATURE SANDWICHES

### THE ETHAN

chicken cutlet, turkey, shredded mozzarella, bacon and chipotle mayo

### THE HERCULES

chicken cutlet, fresh mozzarella, cheddar, bacon and bbq sauce

**\$8.75** Choose your bread, meat, toppings and dressing

### BREADS

kaiser roll / panini / wraps / 8' hero (+.25¢) / gluten free or whole wheat wrap

### PROTEINS (choose two)

grilled chicken / chicken cutlet / ham / salami / turkey pepperoni / buffalo chicken / bacon / extra meat (+\$2.00)

 **MAKE IT A WINNING CHOICE WITH GRILLED CHICKEN!**

### TOPPINGS

american / swiss / cheddar / mozzarella / pepper jack provolone / roasted peppers / lettuce / tomato banana peppers / onions / jalapeños / pickles / pepperoni avocado (+\$2.00)

### DRESSINGS

mayo / ranch / chipotle mayo / italian / caesar / blue cheese honey mustard / pesto (nut-free) / buffalo sauce / bbq sauce

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# Acai Bowls

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**\$9.50 DIY**

**INCLUDES 2 FRUIT & GRANOLA**

Açaí, Bananas, Strawberries, Pineapples,  
Blueberries, Coconut Flakes, Honey, and Granola  
Drizzled with Peanut Butter or Nutella

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# Protein Bar



WINNING CHOICE

## FLYER FUEL UP

**\$9.00**

### BASE

rice / quinoa / mixed greens / baby spinach

### PROTEINS

grilled chicken / seasoned beef / chicken cutlet / bacon

### TOPPINGS

chick peas / roasted peppers / red onion / cherry tomatoes / cucumber / cranberries  
olives / carrots / corn / shredded cheddar / hard boiled egg / avocado (+\$2.00)

### DRESSINGS

ranch / caesar / blue cheese / honey mustard / balsamic vinaigrette





# City Grill

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## HAMBURGER\*

\$4.75

## CHEESEBURGER\*

\$5.25

## BACON CHEESEBURGER\*

\$5.75

## CHICKEN WINGS (5)

\$6.50

## SAUCED WINGS (5)

\$7.00

## REGULAR CHICKEN SANDWICH

\$5.75

## SPICY CHICKEN SANDWICH

\$6.00

## CHICKEN FINGERS

\$5.75

## MOZZARELLA STICKS (5)

\$5.50

## MISCELLANEOUS

french fries	\$3.75
specialty fries	\$4.25
cheese sauce	\$.75
loaded fries with cheese & bacon	\$1.00

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# Pizza Station

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**REGULAR SLICE**

**\$3.75**

**PEPPERONI SLICE**

**\$4.25**

**SPECIALTY SLICE**

**\$4.75**

**GARLIC KNOTS**

**3 FOR \$3.50**

with cheese \$4.25

with cheese & pepperoni \$4.75

*All Pizza Dough Is Made In House!*





# Mac + Cheese Bar

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## HOMEMADE MACARONI & CHEESE

With Your Choice Of 1 Topping

**\$8.50**

### TOPPINGS

buffalo chicken / popcorn chicken / crumbled bacon  
breadcrumbs / shredded cheese / jalapeños / crushed takis

*additional toppings +\$2.00*





# Taco Tuesday

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## 3 BEEF TACOS

With Lettuce, Cheese & Tomato

**\$8.50**

**Additional Toppings** +\$2.00

guacamole / pico de gallo / sour cream

