# Breakfast

### **BAKED GOODS**

donuts \$2.50 assorted muffins \$3.00

### **ASSORTED BAGELS**

with butter \$2.75 with cream cheese \$3.00 buttered roll \$2.00

### **QUICK PICKS**

fresh fruit \( \overline{\Omega} \) \$4.00 yogurt parfait \( \overline{\Omega} \) \$3.50 hand fruit \( \overline{\Omega} \) \$1.25 hard boiled eggs \( \overline{\Omega} \) \$0.00

### **SANDWICHES**

### **EGG & CHEESE\***

roll/wrap \$3.75 bagel \$4.00 croissant \$4.00

### BACON, EGG & CHEESE\*

roll/wrap \$4.75 bagel \$5.00 croissant \$5.00

### **SAUSAGE, EGG & CHEESE\***

roll/wrap \$4.75 bagel \$5.00 croissant \$5.00

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

### **HOT BREAKFAST**

hash browns (2) \$3.25 french toast sticks (4) \$4.50 with maple syrup

\*This item can be cooked to order. Consuming raw or undercooked meats, fish, shellfish or fresh shell eggs may increase your risk of food bourne 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 \$8.50 Choose your bread, meat, toppings and dressing

### **BREADS**

kaiser / panini / wraps / 7' hero / gluten free or whole wheat wrap

### **PROTEINS**

grilled chicken / chicken cutlet / ham / salami turkey / pepperoni / buffalo chicken / bacon 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 avocado (+\$1.00)

### **DRESSINGS**

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

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Acai Bowls

\$8.50

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

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### Protein Bar



### FLYER FUEL UP

\$8.75

### **BASE**

rice / quinoa / romaine / mixed greens / baby spinach / arugula

### **PROTEINS**

grilled chicken / seasoned beef / chicken cutlet / turkey / bacon

### **TOPPINGS**

chick peas / roasted peppers / banana peppers / hot cherry peppers red onion / cherry tomatoes / croutons cucumber / cranberries / olives / carrots / corn / shredded cheddar shaved parmesan / crumbled goat cheese / hard boiled egg / avocado (+\$1.00)

### **DRESSINGS**

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





### **HAMBURGER\***

\$4.50

**CHEESEBURGER\*** 

\$5.00

**BACON CHEESEBURGER\*** 

\$5.50

**CHICKEN WINGS (5)** 

\$6.00

**CHICKEN NUGGETS** 

\$5.50

REGULAR OR SPICY CHICKEN SANDWICH

\$5.50

**CHICKEN FINGERS** 

\$5.75

**MOZZARELLA STICKS (5)** 

\$5.25

### **MISCELLANEOUS**

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

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## Pizza Station

REGULAR SLICE \$3.75

PEPPERONI SLICE \$4.25

SPECIALTY SLICE \$4.75

GARLIC KNOTS 3 FOR \$3.50

JAMAICAN BEEF PATTIE \$4.00

with cheese \$4.25 with cheese & pepperoni \$4.75

