**HOT COFFEE & TEAS**

<table>
<thead>
<tr>
<th>COFFEE</th>
<th>1.95 / 2.39 / 2.99</th>
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<tbody>
<tr>
<td>HOT TEA</td>
<td>2.79 / 3.19</td>
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<tr>
<td>ESPRESSO</td>
<td>SINGLE 3.35 / DOUBLE 4.45</td>
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<tr>
<td>HOT COCOA</td>
<td>4.49</td>
</tr>
<tr>
<td>MACHIASTTO</td>
<td>4.89</td>
</tr>
<tr>
<td>CAPPUCINO</td>
<td>4.59 / 5.69</td>
</tr>
</tbody>
</table>

Steamed milk and a single or double shot espresso

**CARAMEL CAPPUCINO** 4.59 / 5.69
Steamed milk double shot espresso drizzle of caramel

**MOCHACCINO** 4.59 / 5.69
Steamed milk, a shot espresso and chocolate

**LATTE** 4.59 / 5.69
Steamed milk double shot espresso

**CAFE OLE** 4.59 / 5.69
Steamed milk and dark roast coffee

**ICED COFFEE & TEAS**

<table>
<thead>
<tr>
<th>ICED TEA</th>
<th>LARGE 4.25</th>
</tr>
</thead>
<tbody>
<tr>
<td>ICED COFFEE</td>
<td>3.45 / 4.25</td>
</tr>
</tbody>
</table>

Organic Green
Tropical Green
Organic Peach
Raspberry
Passion Fruit
Mango
Black Tea

House Blend
Hazelnut
Decaf

**BOTTLED JUICES, TEAS & SODA**

Naked 5.25
Honest Tea 3.95
Ice Sparkling 3.95
Core Organic 3.95
Apple & Eve 3.95
Hal’s Seltzer 3.95
Zico 4.25

Soft Drinks (coke, Sprite etc.) 2.95

**WATER**

Pellegrino 3.95
Poland Spring 4.65 (1.5Lt.)
Smart or Essentia Water 3.45 (20oz.) / 4.95 (1Lt.) / 5.95 (1.5Lt.)

**JUICES** 8.95 All of our juices are fresh-pressed

<table>
<thead>
<tr>
<th>GINGERLY</th>
<th>Carrot</th>
<th>Kale</th>
<th>Beets</th>
<th>Ginger</th>
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<tbody>
<tr>
<td>FRUIT FANCY</td>
<td>Pineapple</td>
<td>Mango</td>
<td>Strawberries</td>
<td>Kiwi</td>
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<tr>
<td>MOCHACCINO</td>
<td>Fresh Lemon</td>
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<tr>
<td>FRIENDLY GREEN</td>
<td>Kale</td>
<td>Spinach</td>
<td>Cucumber</td>
<td>Celery</td>
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<tr>
<td>BRIGHTEN UP</td>
<td>Fresh Ginger</td>
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**SMOOTHIES** 8.95

The best ingredients blended together for a delicious and uplifting meal or snack

<table>
<thead>
<tr>
<th>NON-DAIRY</th>
<th>COCO-PINEAPPLE</th>
<th>Mango</th>
<th>Pineapple</th>
<th>Strawberries</th>
<th>Chia Seeds</th>
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<tbody>
<tr>
<td></td>
<td>Coconut Water</td>
<td>Hershey’s Chocolate</td>
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<tr>
<td>PROTEIN</td>
<td>Acai</td>
<td>Mixed Berries</td>
<td>Whey Protein</td>
<td>Pineapple Juice</td>
<td>Almond Butter</td>
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<tr>
<td>FRUIT BLISS</td>
<td>Melon</td>
<td>Pineapple</td>
<td>Banana</td>
<td>Strawberries</td>
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</tr>
<tr>
<td></td>
<td>Power Orange</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DAIRY BASE</td>
<td>(blended with authentic strained Greek yogurt)</td>
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<td></td>
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</tr>
<tr>
<td>ORANGE YOU GLAD</td>
<td>Power Orange</td>
<td>Banana</td>
<td>Mellon</td>
<td>Hemp Hearts</td>
<td></td>
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<tr>
<td>NUTTY PEACH</td>
<td>Peach</td>
<td>Peanut Butter</td>
<td>Banana</td>
<td>Mango</td>
<td>Nutella</td>
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<tr>
<td>BERRY RUSH</td>
<td>Strawberries</td>
<td>Raspberries</td>
<td>Blueberries</td>
<td>Goji Berries</td>
<td>Chia Seeds</td>
</tr>
</tbody>
</table>

**FRUIT SALAD & BERRIES**

Fruit Salad 4.85 | 6.45
Blood Orange 6.45
Berries 6.65 | 8.95
Grapes 6.45

Prices are subject to increase without notice.
CHOCOLATE MINT MANHATTAN  21.00
3 oz | House-made Mint Manhattan | Bitters | Tonic

CHOCOLATE MINT COCKTAIL  14.00
2 oz | House-made Mint Vodka | Simple Syrup | Bitters | Tonic

CHOCOLATE MINT FRIED DOTS  8.00
1 oz | House-made Mint Vodka | Maple Syrup | Bitters | Toasted Coconut

CHOCOLATE MINT FRIED HAM  20.00
4 oz | House-made Mint Vodka | Smoked Bacon | Bitters | Honey Butter

CHOCOLATE MINT FRIED EGG  15.00
2 oz | House-made Mint Vodka | Fried Egg | Bitters | Cider

CHOCOLATE MINT FRIED HAM & EGGS  25.00
6 oz | House-made Mint Vodka | Smoked Bacon | Fried Egg | Bitters | Honey Butter

CHOCOLATE MINT FRIED RIBS  22.00
3 oz | House-made Mint Vodka | Smoked Ribs | Bitters | Honey Butter

CHOCOLATE MINT FRIED RIBS & EGG  30.00
5 oz | House-made Mint Vodka | Smoked Ribs | Fried Egg | Bitters | Honey Butter

CHOCOLATE MINT FRIED RIBS & EGG & POTATOES  35.00
7 oz | House-made Mint Vodka | Smoked Ribs | Fried Egg | Bitters | Honey Butter | Mashed Potatoes

CHOCOLATE MINT FRIED RIBS & EGG & POTATOES & RICE  40.00
9 oz | House-made Mint Vodka | Smoked Ribs | Fried Egg | Bitters | Honey Butter | Mashed Potatoes | White Rice
Prices are subject to increase without notice.

**FRENCH TOAST**

CLASSIC TOAST 8.95
NUT & BERRY Blueberries | walnuts | Greek yogurt drizzled with honey 13.95

**CHOSE A STACK!**

OR **PANCAKES**

CLASSIC STACK 8.95
CHOCOLATE CHUNK 10.95
BERRY STACK 10.95
ELVIS Peanut Butter | Banana 11.95

**LOVE STORY**

FRENCH TOAST or PANCAKES
Comes with Two Eggs | Pork Bacon, Ham or Pork Sausage 14.95

---

**BAKED GOODIES**

CROISSANTS 3.89
Parisian | Almond | Chocolate

MUFFINS 3.89
Blueberry Crumb | Corn | Chocolate Velvet
Banana Crunch | Low-Fat Berryfull
Honey Raisin Bran

SCONES 3.89
Raisin | Cranberry

YOGURT LOAF 3.95
Chocolate | Marble | Cranberry | Banana Nut | Iced Lemon

**BREADS**

Bagels, Rolls, Sliced Breads, English Muffins

Bagel or roll with Butter 2.35
Bagel with Cream Cheese 3.25
Bagel Cream Cheese | Smoked Salmon 8.95

**GREEK YOGURT**

Authentic Greek strained yogurt made from cows’ and goats’ milk. Traditional methods are used to ensure that the end result is a thick strained yogurt that has a smooth, rich, velvety texture and tastes great

Plain 5.45
Plain & honey 6.25
Sour cherry 6.65

APPLE PIE
Baked Apple | Cinnamon
Graham Cracker Crumb 6.65

BLUEBERRY MUFFIN
Blueberry Compote
Toasted Coconut Flakes | Crumbs 6.65

KIWI AND BERRY
Strawberries | Blueberries
Almond Granola 6.65

NUTELLA
Nutella | Chocolate Chips 6.65

PINA COLADA 6.65

YOGURT PARFAITS 4.95 / 6.25

**FRESH FRUIT SALAD & BERRIES**

Fruit Salad 4.85 | 6.45
Blood Orange 6.45
Berries 6.65 | 8.95
Grapes 6.45

---

GLUTEN-FREE BREAKFAST BOWLS

**TOPPED WITH 2 EGGS YOUR WAY**

Quinoa | Two Eggs | Roasted Vegetables
Breakfast Potatoes 10.95

Quinoa | Two Eggs | Sautéed Spinach | Sliced Avocado | Feta Cheese | Black Beans
Pico De Gallo 12.95

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GRAINS & CEREALS

Add-on: .50 dried fruits and nuts

OATMEAL 3.95 / 4.95
## ARTISAN SANDWICHES

**01 AVOCADO VEGGIE** 9.95 *(VEGAN)*
- Tomatoes | Shredded Beets | Red Onion | Baby Spinach | Sliced Avocado | Roasted Peppers | Lemon Tahini Humus | Honey Wheat Square

**02 CAPRESE** 10.95
- Tuscan Semi-Dried Roasted Tomatoes | Fresh Mozzarella | Balsamic Glaze | Pesto | Baguette

**03 SMOKED SALMON** 11.95
- Cream Cheese | Tomatoes | Cucumber | Red Onion | Capers | Cusabi Spread | Pumpernickel

**04 TUNA SALAD** 9.95
- Albacore Tuna | Avocado | Lettuce | Tomatoes | Honey Wheat

**05 TUNA MELT** 10.95
- Albacore Tuna | Roasted Tomatoes | Swiss Cheese | Ciabatta

**06 ITALIAN MEATS** 11.95
- Genoa Salami | Mortadella | Cappy Ham | Provolone Cheese | Tomatoes | Lettuce | Banana Peppers | Garlic Italian Dressing | Semolina Sub

**07 TOSCANO** 11.95
- Prosciutto | Asiago Cheese | Fig Jam | Toasted Almonds | Arugula | Baguette

**08 FRENCH MELT** 11.45
- Smoked Ham | Brie Cheese | Green Apple | Fig Balsamic Spread | Walnuts | Baguette

**09 SPICY CHIC** 10.95
- Blackened Grilled Chicken | Pico De Gallo | Pepper Jack Cheese | Hot Sauce | Ciabatta

**10 CHICKEN SALAD** 9.95
- White Meat Chicken | Lettuce | Avocado | Tomatoes | Mayonnaise | Multigrain Pullman

**11 ADOBO CHICKEN** 11.95
- Seasoned Chicken | Tomato Relish | Bacon Pepper Jack Cheese | Wheat Baguette

**12 CHICKEN FAJITA** 11.45
- Spicy Chicken | Peppers | Onions | Cilantro Pepper Jack Cheese | Chunky Salsa | Rosemary Ciabatta

**13 CHICKEN MILANESE** 11.95
- Breaded Chicken | Roasted Tomatoes | Fresh Mozzarella | Arugula | Roasted Peppers | Pesto | Multi Grain Baguette

**14 CRANBERRY TURKEY** 10.95
- Roasted Turkey Salad | Cranberry Lime Chutney | Spinach | Almonds | Honey Wheat

**15 THE VERMONTER** 11.95
- Honey Maple Turkey | Vermont Cheddar | Green Apple | Arugula | Honey Mustard Baguette

**16 SMOKED TURKEY & BRIE** 11.45
- Green Apple | Spicy Honey Mustard Baguette

**17 PEPPERED TURKEY** 11.95
- Roasted Peppers | Swiss Cheese | Spicy Slaw | Russian Dressing | Whole Wheat Square

**18 TURKEY CUBAN** 11.45
- Smoked Turkey | Swiss Cheese | Pickles | Roasted Tomatoes | Sweet Mustard | Whole Wheat Round

**19 TURKEY STACK** 10.95
- Oven Roasted Turkey | Avocado | Roasted Peppers | Herb Mayo | Honey Wheat

**20 CHIPOTLE TURKEY** 12.45
- Turkey Santa Fe Style | Vermont Cheddar | Avocado | Chipotle Mayo | Semolina Sub

**21 TURKEY CLUB** 11.95
- Oven Roasted Turkey | Lettuce | Tomato | Bacon | Avocado | Ancho Chipotle Mayo | Baguette

**22 ROAST BEEF** 11.95
- Crispy Onions | Roasted Peppers | Vermont Cheddar | Bistro Cream Sauce | Onion Brioche

**23 SPICY BEEF** 12.95
- Pickled Onions | Jalapenos | Pepper Jack Cheese | Blue Cheese Aioli | Ciabatta

**24 PASTRAMI** 12.95
- Swiss Cheese | Deli Mustard | Sliced Rye

**25 CORNED BEEF** 12.95
- Swiss Cheese | Sauerkraut | Bistro Sauce | Rye

**26 SMOKED HAM** 9.95
- Swiss Cheese | Tomatoes | Lettuce | Pumpernickel

## WRAPS

**CALIFORNIA** 10.45
- Herb Marinaded Grilled Chicken | Tomatoes | Avocado | Roasted Peppers | Thousand Island

**BUFFALO** 10.45
- Spicy Chicken | Blue Cheese | Celery | Carrots | Buffalo Hot Sauce

**SOUTHWESTERN** 10.45
- Blackened Chicken | Peppers | Corn Salsa | Lettuce | Ranch Aioli

**CHICKEN CAESAR** 10.45
- Tomatoes | Romaine | Roasted Pepper | Parmesan Cheese | Creamy Caesar

**QUINOA** 9.95
- Baby Spinach | Carrots | Chickpeas | Roasted Peppers | Avocado | Spicy Humus

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*Prices are subject to increase without notice.*
## Chef Crafted Bowls

**comfort food all made from scratch**

### BASES

- Arugula
- Cabbage
- Baby Spinach
- Mesclun
- Romaine Mix
- Super Greens

### ADD-ONS

#### INGREDIENTS 1.00

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>Almonds</td>
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<tr>
<td>Apples</td>
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<tr>
<td>Asparagus</td>
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<tr>
<td>Banana Peppers</td>
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<tr>
<td>Beans</td>
</tr>
<tr>
<td>Beets</td>
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<tr>
<td>Bell Peppers</td>
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<tr>
<td>Black Beans</td>
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<td>Black Raisins</td>
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<td>Cauliflower</td>
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<td>Celery</td>
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<td>Chickpeas</td>
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<td>Corn</td>
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<tr>
<td>Craisins</td>
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<tr>
<td>Crispy Onions</td>
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<tr>
<td>Croutons</td>
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<td>Cucumbers</td>
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<td>Eggs</td>
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<tr>
<td>Feta</td>
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<td>Goat Cheese</td>
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<tr>
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<tr>
<td>Green Peas</td>
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<tr>
<td>Hearts of Palm</td>
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<tr>
<td>Jack &amp; Cheddar</td>
</tr>
<tr>
<td>Jalapenos</td>
</tr>
<tr>
<td>Kalamata Olives</td>
</tr>
<tr>
<td>Mushrooms</td>
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<tr>
<td>Parmesan</td>
</tr>
<tr>
<td>Pico</td>
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<tr>
<td>De Gallo</td>
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<tr>
<td>Pickled Jalapenos</td>
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<tr>
<td>Pickled Onions</td>
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<td>Pork Chips</td>
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<td>Quinoa</td>
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<tr>
<td>Radishes</td>
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<td>Sweet Potato</td>
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<tr>
<td>Tortilla Chips</td>
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<tr>
<td>Walnuts</td>
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#### PREMIUMS

- **2.50** Avocado | Organic Tofu
- **3.00** Chicken (all flavors) | Tuna | Turkey
- **4.00** Steak | Pork
- **5.00** Shrimp (4pc) | Salmon

### DRESS IT

- Ranch
- Light Italian
- Lemon Tahini
- Dijon Vinaigrette
- Honey Balsamic Vinaigrette
- Honey Mustard
- Chipotle Ancho Vinaigrette
- Greek Vinaigrette
- Lime Avocado
- Caesar
- Raspberry Vinaigrette
- Sesame Ginger Vinaigrette
- Thousand Island
- Balsamic Vinegar
- Red Wine Vinegar
- Siracha
- Cholula Hot Sauce
- EVOO

### STARTS AT 4.25

**TOSS OR CHOP YOU CHOOSE**

(Add-ons are not sold without a green base.)

### BUILD YOUR OWN SALAD

<table>
<thead>
<tr>
<th>BASES</th>
<th>ADD-ONS</th>
<th>PREMIUMS</th>
</tr>
</thead>
</table>

**Prices are subject to increase without notice.**
# Pasta

## Build Your Own

8.95
includes base plus 2 ingredients

**Choose Your Pasta**
- Penne
- Rigatoni
- Linguini
- Fusilli
- Farfalle
- Tortellini (+3.00)

**Choose Your Sauce**
- Basil Pesto
- Alfredo
- Marinara
- Vodka

**Choose Ingredients**
choose two
($1 each beyond 2 included)
- Tomatoes
- Broccoli
- Mushrooms
- Peppers
- Sun-Dried Tomatoes
- Red Onions
- Scallions
- Capers
- Green Peas
- Jalapenos
- Olives

2.50
Fresh Mozzarella
Bacon
Bolognese Sauce (one scoop)

3
Chicken
Italian Sausage
Ham

5
Shrimp (4pc)

## Pasta Faves

**Carbonara** 14.95
Bacon | Rosemary | Jalapenos | Egg Whites | Parmesan

**Penne Vodka** 12.95
Creamy Tomato Sauce | Bacon | Vodka

**Penne Bolognese** 14.95
Penne | Zesty Tomato Meat Sauce

**Linguini Cacciatore** 16.95
Chicken | Onions | Mushrooms | Tomatoes | Peppers | Basil Pomodoro Sauce

**Rigatoni Campagnola** 14.95
Italian Sausage | Mushrooms | Spinach | Olive Oil | Pomodoro Sauce

**Basil Pesto** 11.95
Whole Wheat Fusilli | Garlic | EVOO

**Tortellini** 12.95
Pesto or Pomodoro Sauce

**Linguini Scampignola** 17.95
Shrimp | Garlic | EVOO | Alfredo Sauce

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## Soup

Call or join our mailing list for our 6-8 daily varieties

<table>
<thead>
<tr>
<th>12 oz.</th>
<th>16 oz.</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.95</td>
<td>6.95</td>
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</table>

Add 1.00 for premium soup

## Snacks

**Hal's New York Chips**  2.19
Sea Salt Original | Sweet Onion | Jalapeno | Sea Salt & Cracked Pepper | Sea Salt & Vinegar | Sour Cream & Onion | Barbeque | Sweet Potato | Sweet Chili | Sea Salt Popcorn

**Chips (Gluten Free)**  2.19
Sea Salt | Nacho | Jalapeno Nacho | Pico De Gallo | Black Bean Barbeque

Prices are subject to increase without notice.
BURGERS, QUESADILLA, PIZZA

BURGERS
10.95

STEAK BURGER
Sharp Cheddar | Sweet Pickle Slices | Lettuce | Tomatoes | Ancho Chile Mayo

TURKEY BURGER
Bacon | Guac | Pepper Jack Cheese | Cranberry Lime Chutney | Ranch Aioli

QUESADILLA
10.95

THREE CHEESE
Chicken | Sweet Potato | Corn | Black Bean

CHORIZO
Chorizo | Peppers | Red Onion | Sweet Potato | Queso Fresco

HONEY MAPLE
Honey Maple Ham | Swiss Cheese

Dips: Guacamole | Roasted Tomato Salsa | Sour Cream

PIZZA

MARGHERITA
EVO | Tomatoes | Fresh Basil | Fresh Mozzarella | Garlic
10.95

VEGGIE
Marinara Sauce | Artichokes | Mushrooms | Red Onions | Green Peppers | Kalamata Olives | Fresh Mozzarella
10.95

FOUR CHEESE PESTO SPINACH
House Made Creamed Spinach | Goat Cheese | Feta | Parmesan | Mozzarella
10.95

CLASSIC ITALIAN
Marinara Sauce | Fresh Mozzarella | Spicy Italian Sausage | Red Onions | Mushrooms | Green Peppers
11.95

SOUTHERN HEAT
Buffalo Sauce | Chicken Breast | Jalapeno Peppers | Red Onions | Jack Cheddar Cheese | Ranch Dressing
12.95

MEAT LOVER
Marinara Sauce | Bacon | Pepperoni | Sausage | Ham
12.95

Prices are subject to increase without notice.