

SANDWICHES

Choice of Bread: Seven Grain Sour Dough Rye Jewish Egg Pumpernickel Soft French Roll Wrap (White or Wheat) Rosemary Focaccia
 Ciabatta Baguette Bagel Pita All Butter Croissant (add \$1.00) Cinnamon Raisin
 All Sandwiches Include: Mayo, Lettuce and Tomato, unless specified.

COLD

	REGULAR	LARGE	HALF
Turkey Breast	6.50	8.50	5.50
Smoked Turkey	6.50	8.50	5.50
Roast Beef	6.50	8.50	5.50
Black Forest Ham	6.50	8.50	5.50
Corned Beef	6.50	8.50	5.50
Mortadella	6.50	8.50	5.50
Italian Salami	6.50	8.50	5.50
Double Meat Combo (Choose Two)	7.50	9.00	5.90
Caesar Chicken	7.20	9.20	5.70
Olovieh (Russian Chicken Salad)	7.20	9.20	5.70
Chicken, Potato, Hard Boiled Egg, Mayo, Salt and Pepper.			
Chicken Salad	7.20	9.20	5.70
Chicken, Mayo, Grapes, Salt, Black Pepper, Celery, Red Onions.			
Granny Smith Turkey	7.20	9.20	5.70
Turkey, Apple Slices, Cheddar Cheese, Lettuce, Mayo, Dijon.			
Famous Tuna	7.00	9.00	5.60
Wasabi Tuna	7.20	9.20	5.70
Wasabi, Rice Vinegar, Celery, Red Pepper, Red Onion, Spices.			
Famous Tuna & Egg Salad	7.50	9.50	5.50
Egg Salad	6.20	7.70	5.20
Smoked Salmon	9.20		
Cream Cheese, Tomato, Capers, Red Onion.			
Peanut Butter and Jelly	4.50		

HOT

	REGULAR	LARGE	HALF
BBQ Chicken	7.60	9.00	5.85
Chicken Breast, Bbq Sauce, Tomato, Onion.			
Curry Chicken	7.60	9.00	5.85
Chicken Breast, Curry Sauce, Tomato, Onion.			
B.L.T.	7.50	9.00	5.75
Bacon, Lettuce, Tomato, Mayo.			
Hot Roast Beef	7.50	9.00	5.75
Hot Roast Beef and Pepper Jack Cheese on a Baguette.			
Meat Loaf	7.60	9.00	5.85
Meatball	7.50	9.00	5.75
Marinara Sauce, Provolone Cheese on a Soft French Roll.			
Classic Reuben	7.60	9.00	5.85
Hot Corned Beef, 1000 Island Dressing, Swiss Cheese and Sauerkraut on Toasted Rye.			
Chicken Breast	7.60	9.00	5.85
Pastrami	7.50	9.00	5.75
Mustard and Pickles.			
Chicken Parmesan	7.60	9.00	5.85
Marinara Sauce, Chicken Breast, Parmesan Cheese.			

ADD-ONS

	REGULAR	LARGE	HALF
Add Fresh Avocado	1.30	1.65	.75
Add Choice of Cheese	.50	.70	.30
Swiss Provolone Cheddar Monterey Jack Pepper Jack American			

VEGETARIAN

	REGULAR	LARGE	HALF
Veggie Combo	6.50		5.50
Avocado, Lettuce, Tomato, Cucumber, Sprouts.			
Basil Delight	6.70	8.50	5.20
Spring Mix, Tomato, Avocado, Provolone & Basil Sauce.			
Vegetarian Meatball or Turkey	7.00	8.60	5.50
Garden Burger	7.00	8.60	
Lettuce, Tomato, Mayo, Mustard.			
Three Cheese	5.50		4.65
Provolone, Cheddar, Swiss, Avocado, Tomato, Mayo.			
Hummus Pita	8.20		
Hummus, Cucumber, Tomato, Red Onions, Sprouts, and Feta Cheese on White or Wheat Pita.			

BACKSTAGE SPECIALTIES

	REGULAR	LARGE	HALF
Thanksgiving Turkey	7.40	9.00	5.70
Hot Turkey, Mayo, Lettuce, Tomato, Stuffing, Cranberry Sauce.			
Southwestern Wrap	7.70	9.75	
Chicken Breast or Veggie Burger, Black Beans, Bell Pepper, Corn, Onion, Black Eyed Peas, Cilantro, Tomato, Chiptole Ranch Dressing.			
Backstage Sub		8.90	6.00
Turkey, Roast Beef, Ham, Provolone, Cheddar.			
Italian Sub		8.90	6.00
Salami, Mortadella, Ham, Provolone, Italian Dressing on Ciabatta.			
Frank's Favorite		8.90	6.00
Avocado, Bacon and Tuna on Egg Bread.			
Cobb Pocket		9.40	6.35
Lettuce, Chicken Breast, Avocado, Boiled Egg, Tomato, Blue Cheese, Bacon in a Ciabatta.			
French Connection		8.90	6.00
Smoked Turkey, Bacon, Swiss Cheese, Tomato, Dijon and Mayo.			

SIDE DISHES & EXTRAS

Potato Chips	1.30	Meat 2 oz.	2.50
Potato Salad	1.85	Scoop of Tuna	3.95
Side Salad	4.95	Scoop of Chicken Salad	3.95
Macaroni Salad	1.85	Scoop of Egg Salad	3.95
Bacon 3 Strips	3.25	Chicken Breast 2 oz.	3.25
Turkey-Bacon	3.45	Yogurt	3.95
Avocado	2.25	Yogurt Parfait	4.65
Cottage Cheese	1.85	Hummus	2.75

SOUPS

	SMALL	MEDIUM	LARGE
Soup of the Day	3.50	4.50	5.25
MONDAY ~ Country Potato, Chicken Vegetable Noodle.			
TUESDAY ~ Broccoli Cheese, Chicken Vegetable Noodle			
WEDNESDAY ~ Country Potato, Tomato Bisque			
THURSDAY ~ Broccoli Cheese, Chicken Vegetable Noodle			
FRIDAY ~ Clam Chowder, Chicken Vegetable Noodle			

ask your server about...

Chicken Tortilla Veggie Chili
 Butternut Squash Italian Wedding

SALADS

All salads include Green Leaf Lettuce,
Tomato & Cucumber, unless specified.

Choice of Dressing

House Vinaigrette Bleu Cheese Low-Cal Italian Chipotle Ranch
Lo-Cal Ranch Honey Dijon Thousand Island Greek Caesar

	LARGE	HALF
Famous Tuna Salad	10.70	8.70
Tuna & Chicken Salad (One Scoop of Each)	12.50	10.60
Tuna & Egg Salad (One Scoop of Each)	11.60	9.60
Waldorf Salad	12.20	10.20
Spring Mix, Chicken, Celery, Apples, Walnuts, Dried Cranberries, Raisins, with Feta Cheese.		
Southwestern Chicken Salad	12.20	10.20
Chicken, Corn, Black Beans, Cabbage, Tomato, Avocado, PepperJack Cheese, Chipotle Ranch Dressing		
Triple Decker	13.70	11.70
Three Scoops: Tuna, Chicken, and Egg Salad		
Hot Chicken Breast Salad	11.20	9.20
Caesar Salad	9.40	7.40
Chicken Caesar Salad	11.25	9.20
Chicken Salad	11.40	9.40
Chicken, Mayo, Grapes, Celery, Red Onions		
Chinese Chicken Salad	12.20	10.20
Spring Mix, Cabbage, Carrots, Water Chestnuts Mandarin Oranges, Chow Mein Noodles, Chicken Breast with Toasted Sesame Dressing		
Basil Chicken Salad	12.20	10.20
Hot Chicken Breast, Basil Sauce, Tomato, Cucumber		
Chef Salad	11.90	9.90
Turkey, Ham, Provolone, Cheddar		
Chopped Turkey Salad	11.80	9.80
Turkey, Provolone, Cheddar		
Russ' Italian Chopped Salad	12.60	10.60
Salami, Mortadella, Sun-Dried Tomatoes, Cucumber, Sprouts, Provolone, Pepperoncini		
Settler's Salad	12.60	10.60
Turkey, Ham, Cheese, Broccoli, Cauliflower, Carrots, Hard-Boiled Egg		
Cobb Salad	13.20	11.20
Chicken Breast, Avocado, Hard-Boiled Egg, Blue Cheese, Bacon		
Red & Green Salad With Avocado	9.20	7.50
Greek Salad	9.50	7.60
Red Onion, Bell Pepper, Black Olives, Tomato, with Feta Cheese		
Spinach Salad Spinach Leaves, Bacon	10.70	8.70
Mushrooms, Red Onion, Hard-Boiled Egg		
Assortment of Fresh Fruit Plate or Cup	6.70	5.20

All items may not be available at all times.

Menu Items and Prices subject to change without notice.

Ask us about catering your next event!

BREAKFAST

BURRITOS

Egg and Cheese Burrito	3.75
Bacon, Sausage or Ham Burrito	4.75
Egg White and Cheese Burrito	5.20
Veggie Burrito	5.65
Veggie Sausage Burrito	5.40

BREAKFAST SKILLET

Skillet with Bacon, Ham or Sausage	5.95
Veggie Skillet	4.95
Veggie Sausage Skillet	6.50

HOMEMADE QUICHE \$4.50

Lorraine, No Crust Artichoke Cheddar,
Four Cheese Broccoli, Turkey Bacon Lorraine
Whole Quiche - 21.95

COISSANTS

All Butter	2.25
Almond, Chocolate	2.75
Spinach & Feta Cheese	3.75
Ham & Cheese / Turkey and Cheese	3.75
Scrambled Eggs & Cheese	4.75
Ham, Egg & Cheese	5.95
Egg White and Cheese	5.20
Egg White, Spinach & Feta Cheese	5.95

BREAKFAST SANDWICHES

Scrambled Eggs & Cheese	3.95
Bacon or Ham, Eggs & Cheese	5.20
Grilled Cheese Special	5.70
Nutella Sandwich	5.15
Egg White and Cheese	4.35

BAGELS \$1.75

Blueberry Everything Onion Sesame Spinach Wheat
Cinnamon Raisin Jala peno Cheddar Plain
Add Butter .30 Add Cream Cheese .30

Toast with Butter and/or Jelly	2.30
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STEEL CUT OATMEAL

Cranberry, Raisin & Brown Sugar	3.75
Banana and Strawberry	4.75

MUFFINS \$2.50

Banana Walnut Blueberry Carrot
Chocolate Cream Cheese
Honey Bran Poppy Seed Orange Cranberry

DANISH & PASTRIES

Selection of fresh baked items varies daily.
Some Pastries may contain walnuts or other nuts.

REFRESHING DRINKS

Fresh Squeezed Lemonade (No Sugar Added Avail.)	2.75
Fruit Flavored Lemonade (No Sugar Added Avail.)	2.95
Strawberry, Pomegranate, Mango, Peach, and More	
Fountain Soda	2.00
Fresh Brewed Iced Tea/Tropical Iced Tea	2.00
Iced Green Tea	2.50
Snapple®	2.00
Fiji Water® (Pint/ Liter)	1.80 3.60
Organic Cranberry Bottled Apple Juice	2.25
Milk	2.50
Canned Soda	1.65
Perrier®	2.00
Italian Soda	3.10
Arnold Palmer	2.75
Frozen Lemonade (Reg. / Flavored)	3.15 3.50

JUICES

	REGULAR	LARGE
Papaya, Peach, Coconut-Pineapple Blackberry or Mango Juice	3.20	4.00
Fresh Squeezed Orange Juice	3.40	4.20
Fresh Watermelon Juice	3.40	4.20
Hawaiian Berry	3.40	4.20
Coconut-Pineapple, Blackberry, Fresh Strawberry Puree		
Papa's Special	3.40	4.20
Coconut-Pineapple, Fresh Squeezed Orange		
Tropical	3.20	4.00
Coconut-Pineapple, Papaya		

NUTRITIONAL DRINKS

Island Call	4.75
Coconut-Pineapple Juice, Papaya Juice, Banana, Honey, Protein	
A.M. L.A.	4.75
Orange Juice, Banana, Honey, Protein	
Tropical Delight	4.75
Coconut-Pineapple Juice, Banana, Strawberries, Honey, Protein	
Papaya Energizer	4.75
Papaya Juice, Strawberries, Honey, Protein	
Peach Pizazz	4.75
Peach Juice, Banana, Honey, Protein	
Strawberry Flair	4.75
Apple Juice, Strawberries, Banana, Honey, Protein	
Blackberry Banana Blast	4.75
Blackberry Juice, Banana, Honey, Protein	
Triple Fruit	5.00
Papaya Juice, Banana, Strawberries, Protein	
Tropical Banana Whip	5.00
Coconut-Pineapple Juice, Papaya Juice, 2 Bananas, Protein	
Super Weight Gainer	5.00
Peach Juice, Banana, Honey, Protein	
Fit n Delicious Smoothie Special (16 oz)	5.00
Ask your server	

Low Fat Yogurt May Be Added To Any Drink .50

ESPRESSO & COFFEE BAR

	SINGLE 12 OZ.	DOUBLE 16 OZ.	TRIPLE 20 OZ.
Drip Coffee	1.85	2.10	2.35
Espresso	1.75	2.15	2.85
Americano (Café Lungo)	2.50	2.85	3.25
Espresso with Hot Water			
Red Eye	2.60	3.25	3.95
Espresso with Coffee			
Café Mocha	3.65	4.25	4.85
Espresso, Chocolate, Hot Milk, Whipped Cream			
White Chocolate Mocha	3.75	4.45	4.95
Caramel Latte	3.75	4.45	4.95
Chai Latte	3.15	3.95	4.45
Cappuccino	3.05	3.65	4.25
Espresso with a Layer of Frothed Milk and Foam			
Café Latte	3.05	3.65	4.25
Espresso Diluted with Steamed Milk and a Little Foam			
Café Au Lait	2.25	2.50	2.75
Hot Milk with Drip Coffee of Choice			
Hot Tea, Choice of Tea Bag		2.25	2.50
Hot Chocolate With Whipped Cream		3.20	3.40

Add Shot .80 Syrup .50 Whipped Cream .50

Substitute Soy or Almond Milk .50

CHILLED COFFEE DRINKS

Flavors To Choose From:

Vanilla Caramel Hazelnut And Many More
Sugar Free Flavors Upon Request

	16 oz.	24 oz.
Iced Latte	3.95	4.60
Espresso, Milk		
Iced Mocha	4.55	5.00
(Over Ice or Blended)		
Espresso, Milk, Chocolate, Whipped Cream		
Iced White Mocha	4.65	5.15
Caramel / Vanilla Freeze	4.65	5.15
Iced Americano	2.90	3.30
Iced Coffee	2.50	2.95
Iced Chai	3.90	4.40
Iced Matcha Green Tea Blended	4.65	4.15

Add Shot .80 Syrup .50

Substitute Soy or Almond Milk .50

COOKIES

Baked Fresh Daily - Selection Varies

1.00 - 1.60

Hamentashen Rugulach Black & White
1.60

BOXED COOKIES

Dozen Traditional Cookie Combination 10.95

BARs

Caramel Apple Brownie Rocky Road Bar
Pecan Chocolate Crunch Lemon
2.60 - 2.95