

<b>3 Stack Pancakes or French Toast</b> .....	<b>\$7.49</b>
Add Strawberries and Bananas or Side of Meat for \$2.49	
<b>3 Egg Combo</b> .....	<b>\$8.49</b>
3 Eggs Any Style, Choice of Meat, Choice of Red Skin Potatoes, Grits or Hashbrown Patty and served with Toast or Bagel	
<b>Pancake Combo</b> .....	<b>\$8.99</b>
2 Pancakes, 2 Eggs Any Style, Choice of Meat and Choice of Red Skin Potatoes, Grits or Hashbrown Patty	
<b>French Toast Combo</b> .....	<b>\$8.99</b>
2 French Toast, 2 Eggs Any Style, Choice of Meat and Choice of Red Skin Potatoes, Grits or Hashbrown Patty	

### SPECIALTY TOAST

(Served on toasted cuban, whole wheat, white or rye)

<b>Avocado Toast</b> .....	<b>\$7.25</b>
Served with lemon, drizzled olive oil, and sprinkled with sea salt	
<b>Cilantro Lime Avocado Toast</b> .....	<b>\$7.25</b>
Topped with fresh cilantro, lime dressing, and hot pepper flakes	
<b>Tomato Basil Avocado Toast</b> .....	<b>\$7.99</b>
Topped with fresh basil, sliced tomato and red onion	
<b>Avocado Toast topped with Eggs any style</b> .....	<b>\$8.99</b>
Add Bacon, Sausage, Ham, Turkey Bacon, Turkey Sausage for addl \$2.49	
<b>Peanut Butter Lovers</b> .....	<b>\$6.99</b>
Topped with Bananas, Granola and a drizzle of honey	
<b>Cinnamon Toast for a Sweet Start</b> .....	<b>\$5.49</b>
Buttered Toast topped with lots of cinnamon sugar topping	
<b>Folded Avocado Breakfast Quesadilla</b> .....	<b>\$8.99</b>
Toasted tortilla with Egg, Avocado, Bacon, Cheddar Cheese and Picante Sauce Folded and Grilled to Perfection	

### BREAKFAST SANDWICHES

(Available on Toasted Cuban, bagel, roll, white, wheat or rye)

<b>2 Eggs Any Style</b> .....	<b>\$3.99</b>
<b>2 Eggs Any Style with Cheese</b> .....	<b>\$4.79</b>
<b>Choice of Meat, 2 Eggs Any Style</b> .....	<b>\$4.99</b>
<b>Choice of Meat, 2 Eggs Any Style and Choice of cheese</b> .....	<b>\$5.99</b>
<b>Peanut Butter &amp; Jelly</b> .....	<b>\$4.99</b>
<b>Additional toppings</b> .....	<b>\$.99</b>
<b>Add avocado to any sandwich</b> .....	<b>\$1.49</b>

### BREAKFAST SIDES

<b>Toast or Bagel with Butter</b> .....	<b>\$1.99</b>
<b>Bagel with Cream Cheese</b> .....	<b>\$2.79</b>
<b>Cuban Cheese Toast</b> .....	<b>\$2.99</b>
(Add Choice of Meat for \$1.99)	
<b>2 Eggs Any Style</b> .....	<b>\$2.49</b>
<b>Side of Bacon, Sausage, Ham, Turkey Bacon or Turkey Sausage</b> .....	<b>\$2.79</b>
<b>Red Skin Potatoes with Peppers and Onions or Grits</b> .....	<b>\$2.99</b>
<b>2 Hashbrown Patties</b> .....	<b>\$2.49</b>
<b>Sliced Avocado</b> .....	<b>\$1.99</b>
<b>Fresh Fruit Cup</b> .....	<b>\$3.99</b>
<b>Fruit and Yogurt Parfait</b> .....	<b>\$3.99</b>

### SALADS

(Served Over Choice of Romaine Lettuce, Fresh Spinach, or Spring Mix)

<b>Avocado Salad</b> .....	<b>\$10.49</b>
Tomato, Red Onion, Walnuts, Grilled Chicken and Avocado, Served with Cilantro Lime Dressing	
<b>Cobb Salad</b> .....	<b>\$9.99</b>
Tomato, Cucumber, Bacon Bits, Boiled Egg, Shredded Cheddar Topped with Turkey or Grilled Chicken	
<b>Summer Salad</b> .....	<b>\$9.99</b>
Tomato, Cucumber, Red Onion, Olives, Boiled Egg, Topped with Tuna or Chicken Salad	
<b>Harvest Salad</b> .....	<b>\$9.99</b>
Tomato, Cucumber, Walnuts, Craisins, Topped with Grilled Chicken or Turkey and Swiss Cheese Pinwheels	
<b>Cool Florida Salad</b> .....	<b>\$10.49</b>
Strawberries, Blueberries, Sliced Almonds, Feta Cheese, Grilled Chicken and Raspberry Vinaigrette Dressing	
<b>Chicken Caesar</b> .....	<b>\$9.99</b>
Tomato, Croutons, Parmesan Cheese and Grilled Chicken	
<b>Southern BBQ</b> .....	<b>\$9.99</b>
Tomato, Cucumber, Bacon Bits, Shredded Cheddar Cheese, Corn and BBQ Chicken Strips	
<b>Greek Chicken Salad</b> .....	<b>\$10.49</b>
Tomato, Cucumber, Olives, Red Onion, Feta Cheese, Pepperoncinis and Grilled Chicken	
<b>Buffalo Chicken Salad</b> .....	<b>\$9.99</b>
Buffalo Chicken, Celery, Tomato, Cucumber, and Bleu Cheese Crumbles	
<b>Cold Salad Platter</b> .....	<b>\$10.49</b>
Scoop of Chicken Salad, Tuna Salad, and Egg Salad with Tomatoes, Cucumbers and Red Onions	
<b>Garden Salad</b> .....	<b>\$7.99</b>
Tomato, Cucumber, Red Onion and Olives	

### SOUPS, CHILI, AND SIDES

<b>12 oz. Homemade Chicken Noodle, Chicken Rice, or Soup of the Day</b> .....	
	<b>\$3.99</b>
<b>12 oz. Homemade Chilli</b> .....	
	<b>\$4.49</b>
(Add Cheese and/or Chopped Onions \$.49)	
<b>Steamed Broccoli or Corn</b> .....	<b>\$2.99</b>
<b>French Fries</b> .....	<b>\$2.99</b>
<b>Side Garden or Caesar Salad</b> .....	<b>\$4.99</b>
<b>Soup, Chili, or Side Salad with 1/2 Sandwich</b> .....	<b>\$8.99</b>
<b>Add Avocado or Bacon to anything</b> .....	<b>\$1.49</b>

Monday-Friday 7:30am-3:00pm

Wells Fargo Center

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## TO GO MENU

Breakfast

### POWER BOWLS

(Served over choice of brown rice or spinach)

<b>Tex-Mex</b> .....	<b>\$8.99</b>
Eggs any style, Black beans, Avocado, Cilantro, Tomato, Onions, Cheddar cheese and Picante sauce	
<b>Turkey Bowl</b> .....	<b>\$8.99</b>
Eggs any style, Turkey Bacon, Turkey Sausage and Feta Cheese	
<b>Meat Eaters</b> .....	<b>\$9.49</b>
Eggs any style, Bacon, Ham, Sausage, Peppers, Onions and Cheddar cheese	
<b>Veggie Lovers</b> .....	<b>\$8.49</b>
Eggs any style, Peppers, Onions, Mushrooms, Avocado and Cheddar cheese	

### 3 EGG OMELETTES AND WRAPS

(Omelettes include white, wheat, rye or cuban toast. Wraps available on White, Wheat or Spinach)

<b>Hungry Man</b> .....	<b>\$7.99</b>
Eggs, Bacon, Ham, Sausage, Hashbrowns and American cheese	
<b>Steak and Eggs</b> .....	<b>\$8.49</b>
Eggs, Grilled Roast Beef, Grilled onions and Provolone cheese	
<b>Western</b> .....	<b>\$7.99</b>
Eggs, Ham, Peppers, Onions, Tomatoes and American cheese	
<b>Lightweight</b> .....	<b>\$7.49</b>
Eggs, Spinach and Feta cheese	
<b>Snow White</b> .....	<b>\$7.49</b>
Eggs, Turkey Bacon and Swiss cheese	
<b>Fit Your Fancy</b> .....	<b>\$5.99</b>
Eggs and Choice of cheese (Add Bacon, Ham, Sausage, Turkey Bacon, Turkey Sausage for \$1.29 each) (Add Peppers, Onions, Mushrooms, Spinach, Jalapenos, Hot cherry peppers or Tomatoes for \$.99 each)	

### PLATTERS & COMBOS

<b>2 Egg Breakfast</b> .....	<b>\$3.99</b>
2 Eggs Any Style served with choice of Toast or Bagel	
<b>Quick Start</b> .....	<b>\$6.49</b>
2 Eggs Any Style, Choice of Meat and served with choice of Toast or Bagel	

# Lunch

## LUNCH POWER BOWLS

(Served over choice of Brown Rice, Cauliflower Rice or Fresh Spinach)

- Steak Bowl**..... **\$11.49**  
Marinated Steak, Black Beans, Corn, Red Onion, Cilantro, Avocado and Drizzled with Cilantro Lime Dressing
- Chicken Bowl**..... **\$9.99**  
Grilled Chicken, Black Beans, Corn, Red Onion, Cilantro, Avocado and Drizzled with Cilantro Lime Dressing
- Teriyaki Bowl**..... **\$9.99**  
Marinated Teriyaki Chicken and Steamed Broccoli
- Buffalo Chicken Bowl**..... **\$9.99**  
Grilled Buffalo Chicken, Broccoli, Spring Mix, Blue Cheese Crumbles and Drizzled with Blue Cheese Dressing
- Cajun Chicken Bowl**..... **\$10.49**  
Cajun Chicken Strips, Red Onions, Fresh Red Peppers, Diced Tomato, Avocado and Drizzled with Ranch Dressing
- Greek Chicken Bowl**..... **\$10.49**  
Grilled Chicken, Greek Olives, Diced Tomato, Marinated Artichoke Hearts, Pepperoncini, Feta Cheese and Drizzled with Greek Dressing
- BBQ Chicken Bowl**..... **\$9.99**  
Grilled BBQ Chicken, Black Beans, Corn, Avocado and Drizzled with Ranch Dressing
- Veggie Bowl**..... **\$9.99**  
Sautéed Mushrooms, Black Beans, Fresh Red Peppers, Red Onion, Diced Tomato, Avocado and Drizzled with Cilantro Lime Dressing
- BYOB (Build Your Own Bowl)**..... **\$10.99**  
(Choose 1 Base, 1 Protein and up to 3 Toppings) **Proteins:** Grilled Chicken, Teriyaki Chicken, BBQ Chicken, Buffalo Chicken, Fajita Chicken, Marinated Steak. **Toppings:** Black Beans, Corn, Broccoli, Mushrooms, Red Peppers, Diced Tomato, Red Onion, Avocado, Choice of Cheese, Grilled Peppers, Grilled Onions, Fresh Cilantro, Fresh Spinach, Greek or Black Olives (Add Additional Toppings for \$.99 each)

## BURGERS, CHEESESTEAKS, & OTHER GOOD STUFF

(All Items Served with Fries)

- Classic Cheeseburger**..... **\$9.99**  
Add Bacon for .99. Handpacked Beef Burger Served with American Cheese, Lettuce, and Tomato
- Texas BBQ Burger**..... **\$10.49**  
Handpacked Beef Burger Served with Cheddar Cheese, Bacon, Grilled Onions and BBQ Sauce
- Patty Melt**..... **\$9.99**  
Handpacked Beef Burger, Swiss Cheese, Grilled Onions and Thousand Island Served on Grilled Rye Bread
- Philly Cheesesteak**..... **\$10.99**  
Cheesesteak with choice of Peppers, Onions, Mushrooms and Melted Provolone Cheese Served on Grilled Sub Roll
- Boar's Head® Beef Hot Dog**..... **\$4.99**  
Add Sauerkraut, Relish, Chopped Onions, Cheese or Chilli for \$.49 each
- Grilled Cheese**..... **\$7.99**  
(Add Bacon or Ham \$9.49) Buttered and Grilled to Perfection on White, Wheat or Rye Bread

## COLD WRAPS AND SANDWICHES

Pressed Upon Request.

Sandwiches Available on White, Wheat, Rye or Cuban  
Wraps Available on White, Wheat or Spinach

\*\*Make any Sandwich or Wrap a Combo by adding Fries or Chips and a Fountain Drink for \$2.99

- Nutty Bird**..... **\$8.99**  
Homemade Chicken Salad, Walnuts, Craisins, Lettuce, Tomato and Red Onion
- Loaded Chicken Salad or Tuna**..... **\$8.99**  
Homemade Chicken Salad or Tuna with Lettuce, Tomato, Cucumber and Fresh Red Peppers
- Greek Salad Wrap**..... **\$7.49**  
Add Grilled Chicken Strips or Turkey \$8.99. Lettuce, Tomatoes, Red Onions, Black Olives, Feta Cheese, Cucumbers, and Greek Dressing
- Cali Turkey Wrap**..... **\$8.99**  
Ovengold® Turkey, Swiss Cheese, Avocado, Bacon, Tomato, and Ranch Dressing
- Turkey Island**..... **\$8.99**  
Ovengold® Turkey, Cheddar Cheese, Bacon, Lettuce, Tomato and Thousand Island Dressing
- Clubhouse**..... **\$8.99**  
Ovengold® Turkey, Deluxe Ham, American Cheese, Bacon, Lettuce, Tomato and Mayo
- Roast Beef or Turkey Kicker**..... **\$8.99**  
Roast Beef or Ovengold® Turkey, Cheddar Cheese, Bacon, Lettuce, Tomato, Mayo and Horseradish Sauce
- American Combo**..... **\$9.49**  
Roast Beef, Ovengold® Turkey, Deluxe Ham, American Cheese, Lettuce, Tomato and Mayo
- Egg Salad BLT**..... **\$7.99**  
Homemade Egg Salad, Bacon, Lettuce, Tomato and Mayo
- Just Your Style**..... **\$8.99**  
Choice of up to 2 Meats, Choice of Cheese, and Choice of Lettuce, Tomato, Onions and Condiments

- Double Decker Club Sandwiches**..... **\$9.49**  
Choice of Turkey and American Cheese, Ham and Swiss, Roast Beef and Provolone, or Homemade Chicken Salad. All Served on 3 Layers of White, Wheat or Rye Toast with Bacon, Lettuce, Tomato and Mayo



## HOT SANDWICHES AND WRAPS

(All Wraps are Pressed and Available on White, Wheat or Spinach)  
\*\*Make any Sandwich or Wrap a Combo by adding Fries or Chips and a Fountain Drink for \$2.99

- Philly Chicken Wrap**..... **\$8.99**  
Grilled Chicken Strips, Grilled Peppers and Onions, and Provolone Cheese
- Fiona Wrap**..... **\$8.99**  
Grilled Chicken Strips, Melted Cheddar Cheese, Bacon, and Ranch Dressing
- Chicken Caesar Wrap**..... **\$8.49**  
Grilled Chicken Strips, Romaine Lettuce, Tomatoes, Parmesan Cheese, Croutons and Caesar Dressing
- Buffalo Chicken Wrap**..... **\$8.99**  
Grilled Buffalo Chicken Strips, Swiss Cheese, Celery, Tomatoes and Blue Cheese Dressing
- Manhattan Grill Wrap**..... **\$8.99**  
Grilled Chicken Strips, Grilled Deluxe Ham, Melted Swiss Cheese, Tomatoes and Mayo
- Vegetarian Eggplant Wrap**..... **\$8.99**  
Crispy Fried Eggplant, Shredded Mozzarella Cheese, Roasted Red Peppers, Lettuce, Tomato and Balsamic Vinaigrette
- Cuban**..... **\$9.49**  
Deluxe Ham, Roasted Pork, Genoa Salami, Swiss Cheese, Pickles, Mayo and Yellow Mustard on Cuban Bread Pressed to Perfection
- Tuna Melt**..... **\$8.49**  
Homemade Tuna, Melted American Cheese and Tomato Pressed to Perfection on White, Wheat or Rye Bread
- Reuben**..... **\$9.49**  
Grilled Corned Beef Brisket, Melted Swiss Cheese, Sauerkraut and Thousand Island Dressing on Grilled Rye Bread
- Turkey or Roast Beef Melt**..... **\$8.99**  
Choice of Grilled Ovengold® Turkey or Roast Beef, Melted Provolone Cheese, Grilled Peppers and Onions, and Mayo on Choice of Grilled White, Wheat or Rye Bread
- BLT**..... **\$8.49**  
Bacon, Lettuce, Tomato, and Mayo on Toasted White, Wheat or Rye Bread
- Classic Chicken Sandwich**..... **\$8.49**  
Grilled or Breaded Chicken Cutlet with Lettuce, Tomato and Mayo Served on Grilled Kaiser Roll

Fresh Life & Co.



Proudly Featuring

Boar's Head

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