### Snacks

$3.99

served with fresh fruit & side sauce

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>breakfast empanada</td>
<td>370 - 400 cal</td>
</tr>
<tr>
<td>chorizo, egg &amp; potato</td>
<td>black bean, egg &amp; cheese</td>
</tr>
</tbody>
</table>

### Bowls

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>hot oatmeal</td>
<td>$3.29</td>
<td>90 cal</td>
</tr>
<tr>
<td>with choice of toppings (0-120 cal)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>greek yogurt bowl</td>
<td>$3.99</td>
<td>60 cal</td>
</tr>
<tr>
<td>with choice of toppings (0-120 cal)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Daily Features

$5.99

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY SPECIAL</td>
<td></td>
</tr>
<tr>
<td>greek breakfast bowl</td>
<td>350 cal</td>
</tr>
</tbody>
</table>

2000 calories a day is used for a general nutrition advice but calorie needs vary. Additional nutrition information available upon request.

### Sandwiches

$4.99

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>sriracha bacon, egg &amp; cheddar</td>
<td>680 cal</td>
</tr>
<tr>
<td>on ciabatta or naan</td>
<td></td>
</tr>
<tr>
<td>bacon, ham or sausage</td>
<td>480 cal</td>
</tr>
<tr>
<td>with american cheese</td>
<td></td>
</tr>
<tr>
<td>southwest egg rancheros</td>
<td>280 cal</td>
</tr>
<tr>
<td>with salsa, refried beans, egg &amp; cheddar on naan</td>
<td></td>
</tr>
<tr>
<td>turkey bacon, egg white &amp; baby spinach</td>
<td>240 cal</td>
</tr>
<tr>
<td>on whole grain flatbread</td>
<td></td>
</tr>
</tbody>
</table>
snacks
$3.99
served with fresh fruit & side sauce

breakfast empanada
chorizo, egg & potato | black bean, egg & cheese

370 - 400 cal

bowl
hot oatmeal $3.29 | 90 cal
with choice of toppings (0-120 cal)
greek yogurt bowl $3.99 | 60 cal
with choice of toppings (0-120 cal)

daily features
$5.99
TUESDAY SPECIAL chorizo breakfast bowl 520 cal

Create your own dynamic duo!
Add a 16 oz. asprettto coffee to any sandwich for only $1.59

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sandwiches
$4.99
sriracha bacon, egg & cheddar 680 cal
on ciabatta or naan
bacon, ham or sausage 480 cal
with american cheese
southwest egg rancheros 280 cal
with salsa, refried beans, egg & cheddar on naan
turkey bacon, egg white & baby spinach 240 cal
on whole grain flatbread
Create your own dynamic duo!

Add a 16 oz. aspretto coffee to any sandwich for only $1.59

**Snacks**

$3.99

served with fresh fruit & side sauce

**BOWLS**

hot oatmeal

$3.29 | 90 cal

with choice of toppings (0-120 cal)

greek yogurt bowl

$3.99 | 60 cal

with choice of toppings (0-120 cal)

**DAILY FEATURES**

$5.99

WEDNESDAY SPECIAL

créme brulee French toast breakfast bowl

490 cal

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Create your own dynamic duo!

Add a 16 oz. aspretto coffee to any sandwich for only $1.59

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**snacks**

$3.99

served with fresh fruit & side sauce

breakfast empanada

chorizo, egg & potato | black bean, egg & cheese

370 - 400 cal

---

**bowl**

hot oatmeal

$3.29 | 90 cal

with choice of toppings (0-120 cal)

greek yogurt bowl

$3.99 | 60 cal

with choice of toppings (0-120 cal)

---

**daily features**

$5.99

THURSDAY SPECIAL

huevos rancheros

breakfast bowl

410 cal

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**sandwiches**

$4.99

sriracha bacon, egg & cheddar

on ciabatta or naan

680 cal

bacon, ham or sausage

with american cheese

480 cal

southwest egg rancheros

with salsa, refried beans, egg & cheddar on naan

280 cal

turkey bacon, egg white & baby spinach

on whole grain flatbread

240 cal

---

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Create your own dynamic duo!

Add a 16 oz. aspretto coffee to any sandwich for only $1.59

**snacks**

$3.99
served with fresh fruit & side sauce

breakfast empanada
chorizo, egg & potato | black bean, egg & cheese

370 - 400 cal

**bouls**

hot oatmeal
with choice of toppings (0-120 cal)

$3.29 | 90 cal

Greek yogurt bowl
with choice of toppings (0-120 cal)

$3.99 | 60 cal

**daily features**

$5.99

**FRIDAY SPECIAL**

steak & eggs breakfast bowl

460 cal

$4.99

**sandwiches**

**sriracha bacon, egg & cheddar**
on ciabatta or naan

680 cal

**bacon, ham or sausage**
with american cheese

480 cal

**southwest egg rancheros**
with salsa, refried beans, egg & cheddar on naan

280 cal

**turkey bacon, egg white & baby spinach**
on whole grain flatbread

240 cal

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