



608-774-4194

1 PARKER PLACE, SUITE 325

MONDAY-FRIDAY 7:00-2:00

BREAKFAST

EGCELLENT SANDWICH*:	\$4.29
Egg done any style and cheese on toast or English muffin.	
ADD BACON, SAUSAGE OR HAM	\$5.29
SMOOTH(IE) OPERATOR:	\$3.19
Milk, vanilla yogurt, banana and your choice of strawberries, blueberries, or mixed berries	
EGGS AND TOAST*:	\$3.79
EXTRA EGG	\$.99
CHEESE OMELET W/ TOAST*:	\$4.99
Add meat: \$2.00 each: Add veggies: .50 each	
BAKERY:	AS MARKED
TOAST:	\$1.49
ENGLISH MUFFIN:	\$1.59
ADD PEANUT BUTTER	.50
HASH BROWNS OR AMERICAN FRIES	\$1.49
BACON, SAUSAGE OR HAM	\$1.99
FRUIT	AS MARKED
COFFEE, TEA OR JUICE	\$1.49

*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY,
SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF
FOODBORNE ILLNESS

LUNCH

IT'S MORE THAN A BIRD*:	\$6.59
Chicken salad and lettuce served on your choice of croissant or bread	
DELI - ICIOUS SANDWICH:	\$6.49
Choice of ham or turkey, cheese, lettuce, tomato and mayo	
WRAP IT UP*:	\$6.59
Chicken, ham or turkey, cheddar, lettuce, tomato and mayo or ranch	
MEGA MELT:	\$4.79
Your choice of bread and cheese melted to perfection.	
WITH HAM OR TURKEY	\$6.49
HAIL, CAESAR SALAD:	\$3.59
Romaine lettuce, croutons, parmesan cheese and creamy Caesar dressing	
WITH CHICKEN*:	\$6.59
CRAVIN' CRAISIN SALAD:	\$4.39
Mixed greens, raisins, almonds, feta, tomato, cucumber and balsamic	
WITH CHICKEN*:	
CAPRESE SALAD:	\$4.39
Mixed greens, fresh mozzarella, tomatoes, avocado, balsamic and pesto dressing	
WITH CHICKEN*:	
<i>ALE HAVE THE BEEF</i>	\$7.29
Thin sliced roast beef with melted cheddar cheese, arugula, ale fried onions and garlic mayo on a ciabatta roll	
<i>IT'S SOOO GOUDA</i>	\$6.49
Deli turkey with melted gouda cheese, caramelized onions and chipotle raspberry peach sauce on a ciabatta roll	
SOUPER CUP:	\$2.99
SOUPER BOWL:	\$3.79

SANDWICHES SERVED WITH CHIPS, FRUIT OR VEGGIES AND DIP

VEGAN

VEGAN SMOOTHIE: **\$3.19**

COCONUT YOGURT, ALMOND MILK AND FRUIT

AVOCADO TOAST: **\$3.99**

EZEKIEL TOAST SMOTHERED WITH AVOCADO AND TOMATO

LOADED OATMEAL: **\$4.99**

PECANS, BLUBERRIES OR STRAWBERRIES, CINNAMON AND BROWN SUGAR
TOPPED WITH VANILLA ALMOND MILK

BREAKFAST SKILLET: **\$5.99**

SEASONED WHITE AND SWEET POTATOES SAUTEED WITH ONIONS, PEPPERS,
MUSHROOMS AND SPINACH.

HAND MADE VEGGIE BURGERS **\$6.49**

SERVED ON A TOASTED EZEKIEL BUN WITH LETTUCE, TOMATO AND ONION

ROASTED VEGGIE WRAP **\$6.49**

OVEN ROASTED BROCCOLI, CAULIFLOWER, RED PEPPERS AND ONIONS
WRAPPED IN A FLOUR TORTILLA LAYERED WITH SPINACH, TOMATO AND
AVOCADO

RAW VEGGIE WRAP **\$6.49**

A FLOUR TORTILLA SPREAD WITH AVOCADO AND BBQ SAUCE AND STUFFED
WITH LETTUCE, TOMATO, SPINACH, PEPPER, CUCUMBER, CARROT AND
ONION

ITALIAN BALSAMIC VEGGIE SANDWICH **\$6.49**

EZEKIEL TOAST SPREAD WITH AVOCADO AND FILLED WITH BALSAMIC AND
ITALIAN SEASONED VEGGIES

SANDWICHES SERVED WITH CHIPS, FRUIT OR RAW VEGGIES