**SANDWICHES**

**THE CLASSIC**
Your choice of fresh sliced turkey or ham, cheese, lettuce, red onion and tomato
480/460 Cal..............$8.99

**ROASTED VEGETABLE & QUINOA WRAP**
Roasted seasonal root vegetables and quinoa wrapped in a tortilla
540 Cal...................$8.59
ADD CHICKEN (180 Cal)....$3.89

**SOUTHWEST CHICKEN**
Grilled chicken with avocado, pepper jack cheese, lettuce, tomato and chipotle ranch
700 Cal...................$9.69

**TUNA SALAD**
Homemade tuna salad with cheddar, red onion, lettuce and tomato
580 Cal...................$8.29

**CHEESE MELT**
Cheddar, pepper jack and provolone with sliced tomato
640 Cal..................$7.99

**GREEN GODDESS**
Fresh mozzarella, avocado, sliced cucumber, micro greens, and green goddess dressing
460 Cal..................$8.29

**CALIFORNIA VEGGIE**
Giardiniera, avocado, cucumber, goat cheese, micro greens, and lemon yogurt dressing
750 Cal..................$8.79

**ROASTED SWEET POTATO**
Roasted sweet potato, honey, arugula, sun-dried tomato and goat cheese spread
540 Cal.................$8.29

**TORTILLA BREADS PROUDLY SOURCED FROM FLAGSTAFF'S OWN TORTILLA LADY**

**BREAD**
- 9 Grain (220 Cal)
- Sourdough (210 Cal)
- Ciabatta (370 Cal)
- Organic Whole Wheat (170 Cal)
- Honey Whole Wheat (260 Cal)

**TORTILLA**
- Whole Wheat (320 Cal)
- Flour (310 Cal)
- Chipotle (250 Cal)
- Spinach (260 Cal)
- Garlic Herb (250 Cal)

**ORGANIC PB & J**
All natural organic peanut butter and organic jam
530 Cal..................$5.99

**TURKEY & PESTO**
Sliced turkey, roasted red peppers, spinach and provolone with pesto mayo
620 Cal..................$9.69

**TURKEY AVOCADO**
Sliced turkey, avocado, cucumber, lettuce and tomato
400 Cal..................$9.69

**CAPRESE**
Fresh mozzarella, tomato and sweet basil drizzled with pesto vinaigrette
790 Cal..................$8.29

**SOUP**
- Cup $3.99
- Bowl $4.99
- Bread bowl $6.99

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITION INFORMATION AVAILABLE UPON REQUEST.
SALADS

GREEK SALAD
CHICKPEAS, OLIVES, CUCUMBER, FETA, TOMATO, RED ONION AND SLICED MUSHROOMS ON SALAD GREENS WITH GREEK DRESSING
700 Cal..............$7.99

AZTEC CHICKEN SALAD
GRILLED CHICKEN, AVOCADO, AZTEC CORN, PEPPER JACK CHEESE AND GREEN CHILIES ON SALAD GREENS WITH CHIPOTLE RANCH
680 Cal..............$9.69

BUILD-YOUR-OWN ........ $7.99
YOUR CHOICE OF GREENS WITH UP TO FOUR INGREDIENTS AND DRESSING

CHOOSE YOUR GREENS:
SPRING MIX (30 CAL) SPINACH (30 CAL)

CHOOSE UP TO FOUR INGREDIENTS: ADDITIONAL $0.69 EACH
GRAPE TOMATOES (30 CAL) GREEN PEPPERS (10 CAL)
CUCUMBER (5 CAL) RED ONION (10 CAL)
BROCCOLI (10 CAL) CHICKPEAS (30 CAL)
MUSHROOMS (10 CAL) KALAMATA OLIVES (70CAL)
AZTEC CORN (110 CAL) PEPPER JACK (100 CAL)
CHEDDAR (110 CAL)

SPECIALTY TOPPINGS: $1.39
FETA (70 CAL)
GOAT CHEESE (70 CAL)
AVOCADO (60 CAL)
WALNUTS (370 CAL)

OPTIONAL PROTEINS: $2.49
SLICED TURKEY OR HAM (120/100 CAL)
GRILLED CHICKEN (180 CAL)
TUNA SALAD (230 CAL)

PARFAITS
YOGURT, TWO FRUITS AND GRANOLA
110-150 Cal..............$3.99

AÇAÏ BOWL
AÇAÏ, SOYMILK, BANANAS, STRAWBERRIES, BLUEBERRIES, COCONUT, ORGANIC GRANOLA AND LOCAL HONEY
490 Cal..............$6.29

HUMMUS PLATE
HUMMUS, CARROTS, CELERY & PITA CHIPS
420-560 Cal..............$5.29

= TRANSFER SPECIAL
COFFEE & TEAS

COFFEE
- HOUSE BLEND
  - Small: $2.59, Cal: 5
  - Large: $2.89, Cal: 5
- COFFEE OF DAY
  - Small: $2.59, Cal: 5
  - Large: $2.89, Cal: 5
- DECAF HOUSE BLEND
  - Small: $2.59, Cal: 5
  - Large: $2.89, Cal: 5

ICED COFFEE
- HOUSE BLEND
  - Small: $2.59, Cal: 60
  - Large: $2.89, Cal: 80
- COFFEE OF DAY
  - Small: $2.59, Cal: 60
  - Large: $2.89, Cal: 80

ICED ESPRESSO
- LATTE
  - $4.19, 100 Cal
  - $4.59, 130 Cal
- VANILLA LATTE
  - $4.99, 140 Cal
  - $5.39, 190 Cal
- MOCHA
  - $4.39, 260 Cal
  - $4.89, 350 Cal
- AMERICANO
  - $3.39, 10 Cal
  - $3.69, 15 Cal

ESRESSO
- CAPPUCINO
  - $4.19, 90 Cal
  - $4.59, 120 Cal
- LATTE
  - $4.19, 150 Cal
  - $4.59, 190 Cal
- VANILLA LATTE
  - $4.99, 200 Cal
  - $5.39, 250 Cal
- MOCHA
  - $4.39, 300 Cal
  - $4.89, 370 Cal
- AMERICANO
  - $3.39, 10 Cal
  - $3.69, 15 Cal

HOT DRINKS
- HOT CHOCOLATE
  - $3.49, 330 Cal
  - $3.89, 430 Cal
- STEAMED MILK
  - $2.69, 200 Cal
  - $2.89, 270 Cal
- STEAMED CIDER
  - $2.59, 170 Cal
  - $3.39, 220 Cal

ORGANIC TEAS
- HOT OR ICED TEA
  - $2.89
  - $3.19
- CHAI TEA
  - $2.79
  - $2.89

COFFEE TRANSFER:
Choice of large beverage (excludes blended drinks) with a pastry or piece of fruit

Hot or Iced Tea
Ask your barista about our special teas