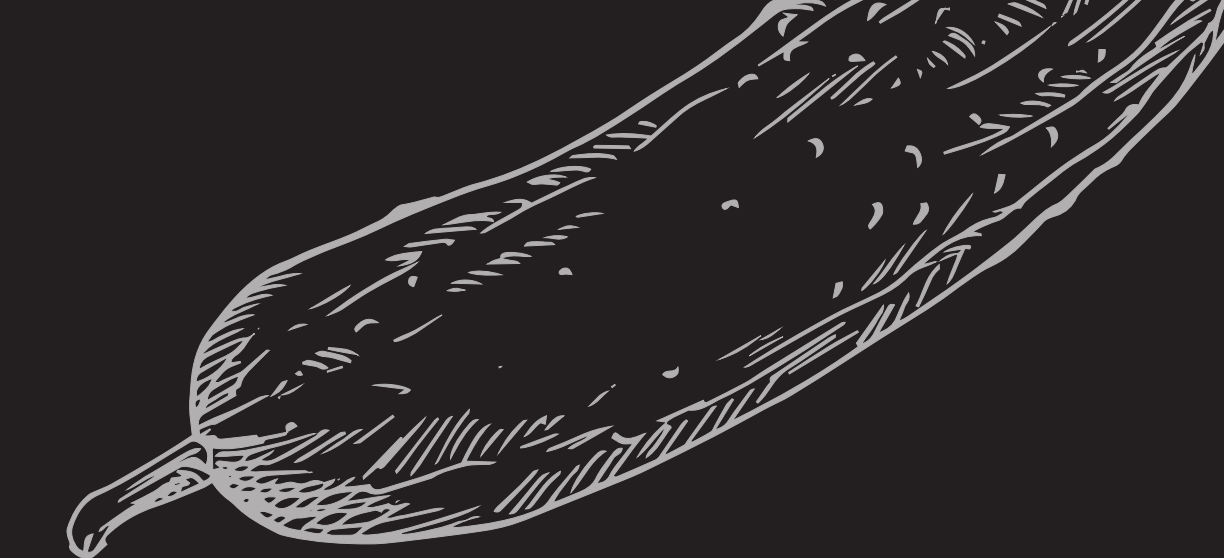


# SANDWICHES



## 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

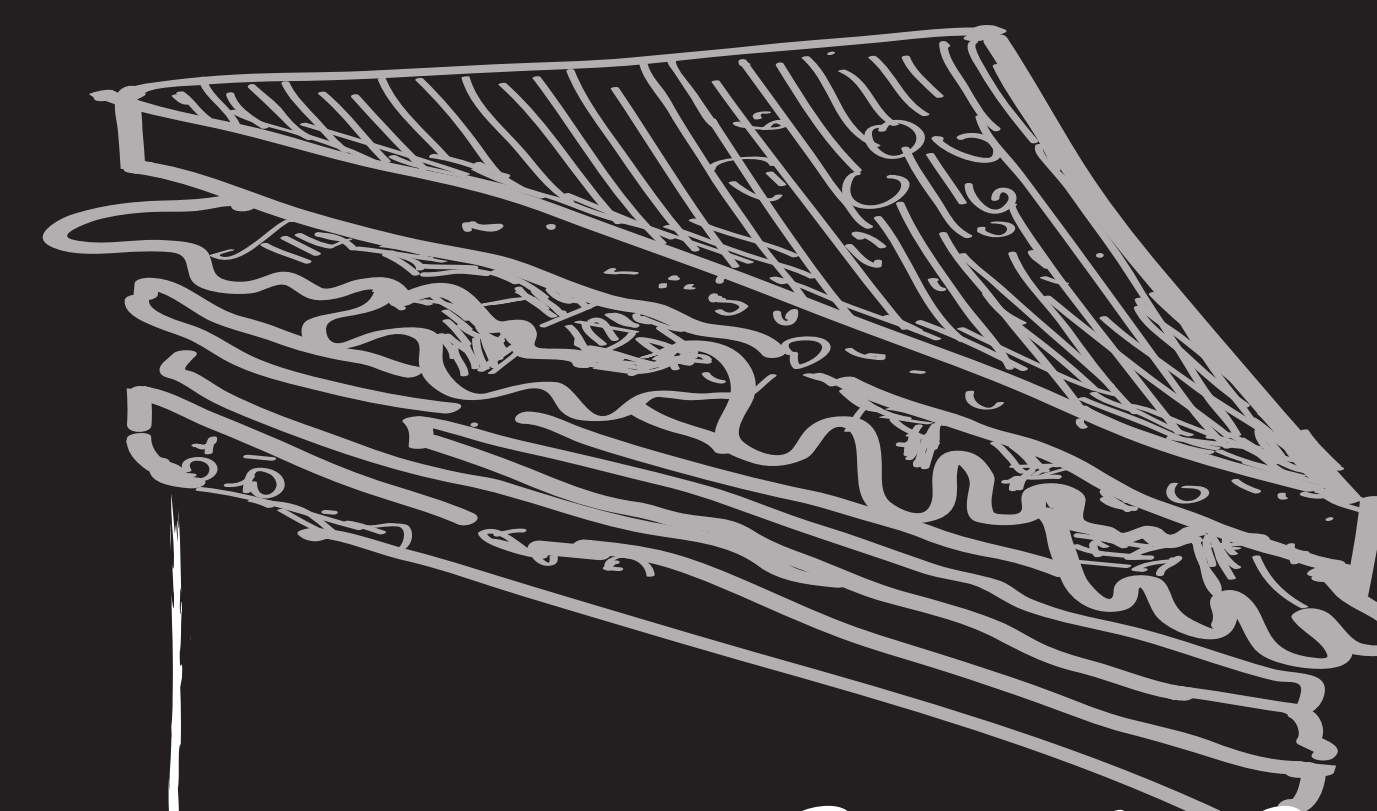
HOMEMADE TUNA SALAD  
WITH CHEDDAR, RED ONION,  
LETTUCE AND TOMATO

580 Cal.....\$8.29

## CHEESE MELT

CHEDDAR, PEPPER JACK AND  
PROVOLONE WITH SLICED TOMATO

640 Cal.....\$7.99



## 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

## 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

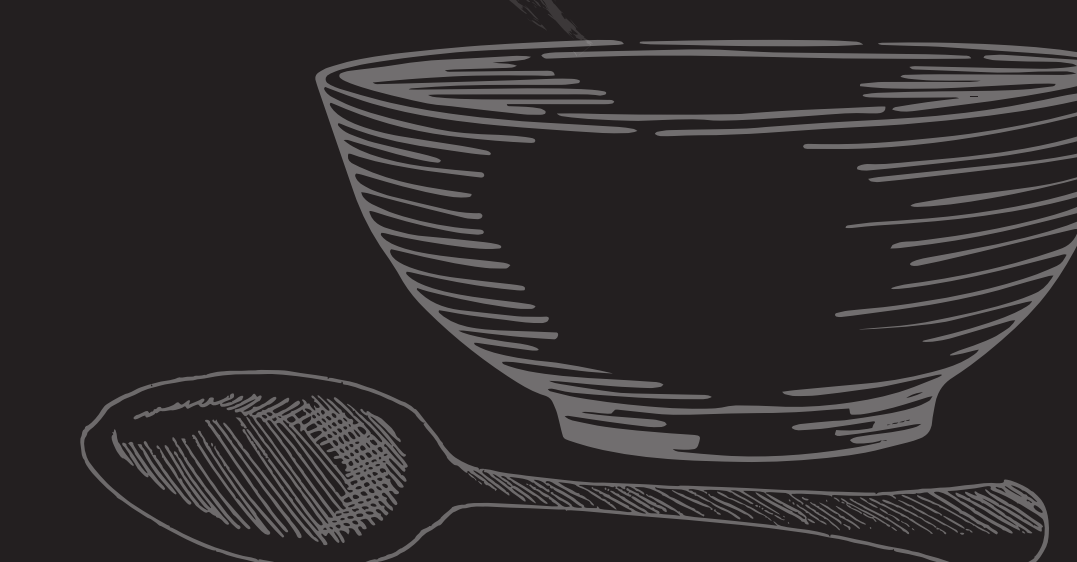
540 Cal.....\$8.29

## SOUP

CUP \$3.99

BOWL \$4.99

BREAD BOWL \$6.99



TORTILLAS PROUDLY SOURCED FROM FLAGSTAFF'S OWN TORTILLA LADY!

ALL BREADS FROM LOCAL ARTISAN VILLAGE BAKER!

**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)

SANDWICH CALORIES BASED ON 9 GRAIN BREAD  
WRAP CALORIES BASED ON FLOUR TORTILLA

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

Can you find replacement

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

## AÇAÍ BOWL

AÇAÍ, 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

	Small	Cal	Large	Cal
HOUSE BLEND	\$2.59	5	\$2.89	5
COFFEE OF DAY	\$2.59	5	\$2.89	5
DECAF HOUSE BLEND	\$2.59	5	\$2.89	5

## ESPRESSO

CAPPUCCINO	\$4.19	90	\$4.59	120
LATTE	\$4.19	150	\$4.59	190
VANILLA LATTE	\$4.99	200	\$5.39	250
MOCHA	\$4.39	300	\$4.89	370
AMERICANO	\$3.39	10	\$3.69	15
	single		double	
ESPRESSO	\$2.69	5	\$2.89	10
MACCHIATO	\$2.69	10	\$2.89	15

## HOT DRINKS

HOT CHOCOLATE	\$3.49	330	\$3.89	430
STEAMED MILK	\$2.69	200	\$2.89	270
STEAMED CIDER	\$2.59	170	\$3.39	220



### COFFEE TRANSFER:

CHOICE OF LARGE BEVERAGE (EXCLUDES BLENDED DRINKS) WITH A PASTRY OR PIECE OF FRUIT

## ICED COFFEE

	Small	Cal	Large	Cal
HOUSE BLEND	\$2.59	60	\$2.89	80
COFFEE OF DAY	\$2.59	60	\$2.89	80

## ICED ESPRESSO

LATTE	\$4.19	100	\$4.59	130
VANILLA LATTE	\$4.99	140	\$5.39	190
MOCHA	\$4.39	260	\$4.89	350
AMERICANO	\$3.39	10	\$3.69	15

## ORGANIC TEAS

	Small	Large
HOT OR ICED TEA	\$2.89	\$3.19
CHAI TEA	\$2.79	\$2.89



Hot or  
Iced Tea

ASK YOUR BARISTA ABOUT OUR  
Special-Teas

