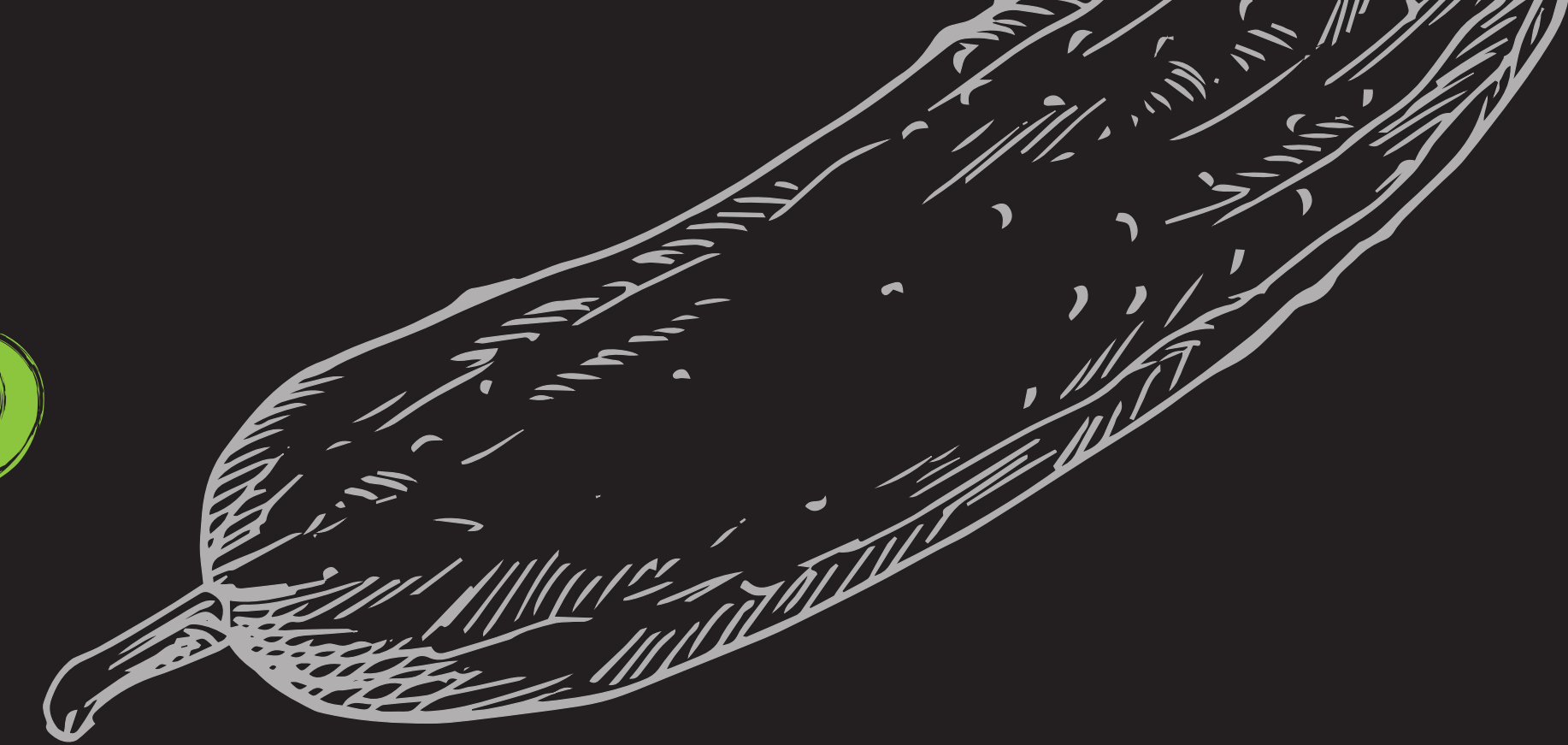




SANDWICHES



THE CLASSIC

YOUR CHOICE OF FRESH SLICED
TURKEY OR HAM, CHEESE,
LETTUCE, RED ONION AND TOMATO
480/460 Cal.....\$10.79

ROASTED VEGETABLE & QUINOA WRAP

ROASTED SEASONAL ROOT
VEGETABLES AND QUINOA
WRAPPED IN A TORTILLA

540 Cal.....\$10.99

ADD CHICKEN (180 Cal)...\$3.49

ALL SANDWICHES COME WITH
CHIPS OR FRUIT



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

SOUTHWEST CHICKEN

GRILLED CHICKEN WITH AVOCADO,
PEPPER JACK CHEESE, LETTUCE,
TOMATO AND CHIPOTLE RANCH

700 Cal.....\$12.49

TUNA SALAD

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

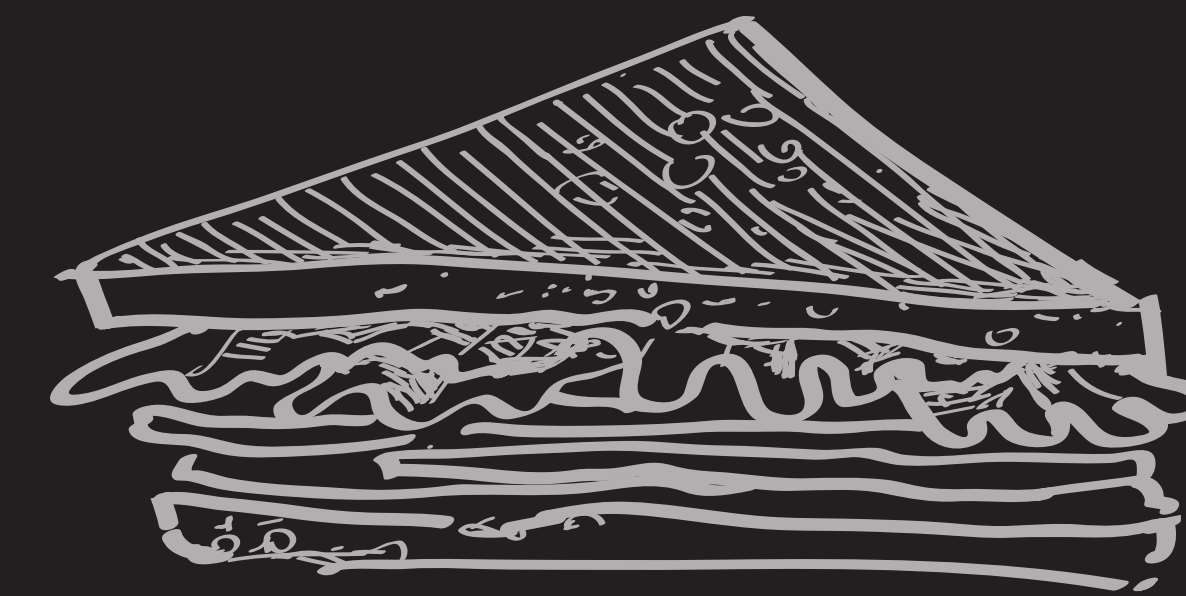
580 Cal.....\$9.99



CHEESE MELT

CHEDDAR, PEPPER JACK AND
PROVOLONE WITH SLICED TOMATO

640 Cal.....\$9.49



ORGANIC PB & J

ALL NATURAL ORGANIC PEANUT
BUTTER AND ORGANIC JAM

530 Cal.....\$7.99

TURKEY & PESTO

SLICED TURKEY, ROASTED RED
PEPPERS, SPINACH AND
PROVOLONE WITH PESTO MAYO

620 Cal.....\$11.99

TURKEY AVOCADO

SLICED TURKEY, AVOCADO,
CUCUMBER, LETTUCE AND TOMATO

400 Cal.....\$11.79

CAPRESE

FRESH MOZZARELLA, TOMATO
AND SWEET BASIL DRIZZLED
WITH PESTO VINAIGRETTE

790 Cal.....\$9.99

GREEN GODDESS

FRESH MOZZARELLA, AVOCADO,
SLICED CUCUMBER, MICRO
GREENS, AND GREEN
GODDESS DRESSING

460 Cal.....\$9.99

ROASTED SWEET POTATO

ROASTED SWEET POTATO,
HONEY, ARUGULA, SUN-DRIED
TOMATO AND GOAT
CHEESE SPREAD

540 Cal.....\$9.99

Baked Portabella Sandwich

BAKED SLICED PORTABELLA,
LETTUCE, TOMATO, ONION

745 Cal.....\$9.99

PARFAITS

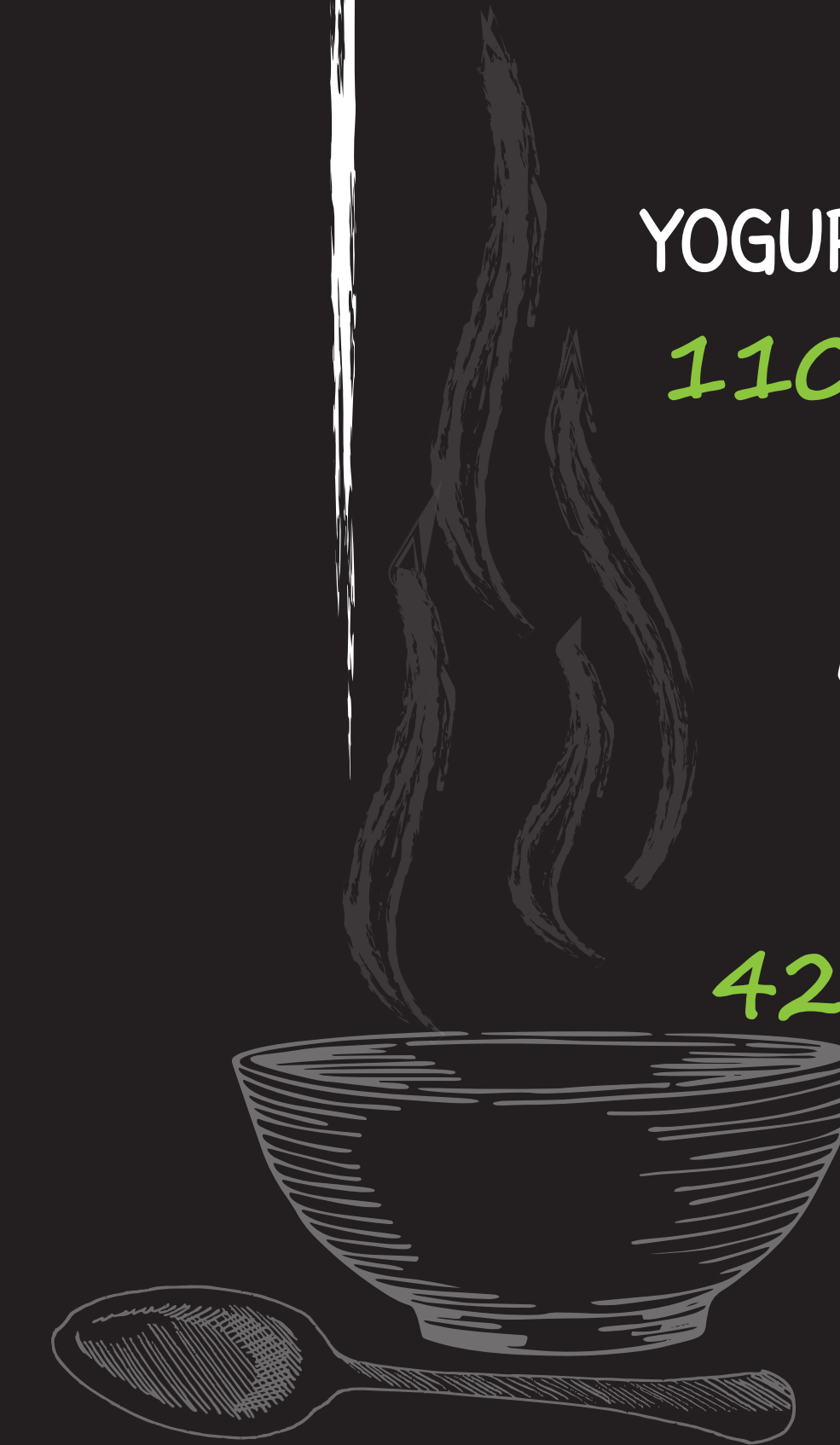
YOGURT, TWO FRUITS AND GRANOLA

110-150 Cal.....\$4.79

HUMMUS PLATE

HUMMUS, CARROTS,
CELERY & PITA CHIPS

420-560 Cal.....\$6.29



SOUP

CUP 12oz\$4.99

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



COFFEE & SALADS

ESPRESSO

	Small Cal	Medium Cal	Large Cal
CAPPUCCINO	\$4.49 100	\$5.29 140	\$5.99 200
LATTE	\$4.29 150	\$4.99 190	\$5.49 250
VANILLA LATTE	\$5.29 200	\$6.19 250	\$6.29 320
MOCHA	\$5.49 290	\$5.89 370	\$6.19 450
AMERICANO	\$4.19 10	\$4.49 15	\$4.89 15
	single	double	
ESPRESSO	\$2.99 5	\$3.29 10	
MACCHIATO	\$2.99 10	\$3.19 15	

ICED ESPRESSO

	Small Cal	Medium Cal	Large Cal
LATTE	\$4.99 100	\$5.49 130	\$5.99 180
VANILLA LATTE	\$5.29 140	\$5.99 190	\$6.49 270
MOCHA	\$5.29 260	\$5.99 350	\$6.29 450
AMERICANO	\$3.99 10	\$4.29 15	\$4.49 15



PROUDLY SERVING COFFEE BEANS ROASTED BY
NAU STUDENTS FROM THE HRM ROASTING CLUB

ESPRESSO TRANSFER:

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

CEASER SALAD

CHOPPED ROMAINE, CHICKEN,
PARMESAN CHEESE AND CROUTONS

610 Cal.....\$9.49

GREEK SALAD

CHICKPEAS, OLIVES, CUCUMBER, FETA,
TOMATO, RED ONION AND SLICED
MUSHROOMS ON SALAD GREENS
WITH GREEK DRESSING

700 Cal.....\$9.99

AZTEC CHICKEN SALAD

GRILLED CHICKEN, AVOCADO, AZTEC CORN,
PEPPER JACK CHEESE AND GREEN CHILIES
ON SALAD GREENS WITH CHIPOTLE RANCH

680 Cal.....\$11.49



BUILD-YOUR-OWN\$9.99

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 \$1.49 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)
BLACK OLIVES (30 CAL)

AZTEC CORN (110 CAL)
PEPPER JACK (100 CAL)
CHEDDAR (110 CAL)

SPECIALTY TOPPINGS: \$1.69

FETA (70 CAL)
GOAT CHEESE (70 CAL)
AVOCADO (60 CAL)
WALNUTS (370 CAL)



OPTIONAL PROTEINS: \$3.49

SLICED TURKEY OR HAM
(120/100 CAL)
GRILLED CHICKEN (180 CAL)
TUNA SALAD (230 CAL)

 = TRANSFER SPECIAL



Botrista[®]

BOBA DRINKS.....\$5.99

- CLASSIC MILK TEA 140 Cal
- SALTED CARAMEL MILK TEA 120 Cal
- STRAWBERRY JASMINE MILK TEA 130 Cal
- TARO MILK TEA 200 Cal
- THAI MILK TEA 160 Cal
- MANGO BLACK TEA 70 Cal
- MANGO GREEN TEA 70 Cal
- MANGO LEMONADE 100 Cal
- DRAGON FRUIT STRAWBERRY LEMONADE 120 Cal



SMOOTHIES.....\$5.99

- DRAGON FRUIT MANGO 150 Cal
- MANGO 160 Cal
- SALTED CARAMEL MILK TEA 190 Cal
- STRAWBERRY 200 Cal
- TARO 220 Cal
- THAI MILK TEA 160 Cal

additional toppings.... .99¢

- TRADITIONAL BOBA
- STRAWBERRY BOBA
- MANGO POPPING BOBA
- FREEZE-DRIED BLUEBERRIES

HOT DRINKS

	Small	Medium	Large
HOT CHOCOLATE	\$3.79	\$4.99	\$5.49

ORGANIC TEAS

HOT OR ICED TEA	\$3.79	\$3.99	\$4.29
HOT CHAI TEA	\$4.99	\$5.79	\$5.99
ICED CHAI TEA	\$5.29	\$5.89	\$6.19