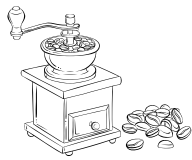


GRINDS



CAFÉ & SWEET SHOPPE

BREAKFAST Served all day until 4pm

NEW YORKER \$5.99

2 eggs + Bacon + American Cheese + Hard Roll

CAFÉ WAY \$6.50

2 eggs + Bacon + Cheddar + lettuce + Tomato + Red Onion + Mayo + Croissant

AVOCADO SUNRISE \$6.50

2 eggs + Sliced Avocado + Tomato + Sourdough Toast

BREAKFAST BURITTO \$9.99

Scrambled Eggs + Sausage + Home Fries + Cheddar + Peppers + Onions + Wrap

BACON EGG N' CHEESE WRAP \$7.99

Scrambled Eggs + Bacon + Home Fries + American Cheese

SPINACH FETA WRAP \$9.99

Egg white + Spinach + Feta

TONY'S FRUIT ROLL-UP \$6.99

Peanut Butter + Banana + Strawberries + Blueberries + Honey + Wheat Wrap

CLASSIC BREAKFAST PLATTER \$8.50

2 eggs (any style) + Toast + Home Fries + choice of bacon or sausage

LIGHT BREAKFAST \$4.50

2 eggs (any style) + Choice of Toast

PANCAKE PLATTER \$10.50

2 Pancakes + 2 eggs (any style) + Bacon or Sausage

VEGGIE HASH \$9.99

2 Eggs + Veggie Medley + Peppers + Onions + Potato

GRINDS CAFÉ EXTRAS

ENGLISH MUFFIN \$2.50 BAGEL W/ CREAM CHEESE \$4.00

CROISSANT \$3.00 TENDERS & FRIES \$13.99

SIDE OF HOME FRIES \$3.00 SOUP \$4.99/\$5.99

SIDE OF FRENCH FRIES \$3.50 *Ask for our soup of the day!*

KIDS MEALS

GRILLED CHEESE \$4.99

Choice of cheese American, Provolone, Swiss

TURKEY SANDWICH \$6.99

Mayo + Lettuce + Tomato + American Cheese

PB&J \$3.99

Peanut Butter + Grape Jelly + Choice of bread.

Paninis + Wraps
+ Salads

LUNCH

Served all day
until 4pm

SOUTHWEST CHICKEN PANINI \$10.75

Grilled Chicken + Cheddar + Bacon + Chipotle Sauce

TUSCAN CHICKEN PANINI \$10.75

Grilled Chicken + Pesto + Provolone + Roasted Red Peppers

CHICKEN BACON RANCH PANINI \$10.75

Chicken + Bacon + Ranch + Cheddar

TURKEY & BACON PANINI \$10.75

Turkey + Bacon + Tomato + Chipotle Mayo + Provolone

3 CHEESE PANINI \$9.75

American Cheese + Swiss + Cheddar

All Paninis are served with chips and a pickle

CHICKEN CAESAR WRAP \$12.99

Grilled Chicken + Romaine + Parmesan + Caesar Dressing

BUFFALO CHICKEN WRAP \$12.99

Chicken Tenders + Mild Sauce + Lettuce + Tomato + Bleu Cheese

TURKEY & BACON WRAP \$12.99

Turkey + Bacon + Tomato + Lettuce + Onion + Mayo

CHICKEN SALAD WRAP \$12.99

Chicken Salad + Tomato + Onion

Add Avocado for \$1.30 + White, Wheat and Sundried Tomato Wraps available

CAESAR SALAD \$10.99

Romaine + Parmesan + Caesar Dressing + Croutons

CRISPY CHICKEN SALAD \$12.99

Romaine + Chicken Tender + Tomato + Peppers + Onions + Cheddar + Honey Mustard + Croutons

SUMMER SALAD \$12.99

Mixed Greens + Strawberries + Cucumber + Walnuts + Balsamic Vinaigrette + Croutons

B.L.T SALAD \$10.99

Romaine + Bacon + Tomato + Red Onion + Ranch Dressing + Croutons

CHICKEN AVO BACON SALAD \$12.99

Romaine + Grilled Chicken + Avocado + Bacon + Parmesan + Caesar Dressing + Croutons

HOUSE SALAD \$10.99

Romaine + Cherry Tomatoes + Cucumber + Red Onion + Balsamic Vinaigrette + Croutons

GREEK SALAD \$10.99

Romaine + Feta + Cherry Tomatoes + Cucumber + Red Onion + Kalamata Olives + Greek Dressing + Croutons

Add Chicken to any salad for \$3.00

SMOOTHIE BOWLS

CLASSIC ACAI BOWL	\$13.50
Base: Acai + Banana	
Toppings: Coconut + Strawberry + Blueberry Chia Seeds	
DRAGON BERRY BOWL	\$11.50
Base: Dragonfruit + Raspberry + Blueberry	
Toppings: Coconut + Strawberry + Blueberry	
TROPIC BOWL	\$11.50
Base: Pineapple + Peach + Mango	
Toppings: Banana + Coconut + Chia Seeds	
GOOD MORNING BOWL	\$13.50
Base: Acai + Blueberry + Banana + Mango	
Toppings: Banana + Granola + Dark Chocolate	
PARADISE BOWL	\$11.50
Base: Raspberry + Banana + Strawberry	
Toppings: Banana + Coconut + Granola	
PITAYA BOWL	\$11.50
Base: Dragonfruit + Strawberry + Mango	
Toppings: Granola + Dark Chocolate + Mango	
NUTELLA BOWL	\$13.50
Base: Peanut Butter + Chocolate Chips + Whey Protein	
Toppings: Nutella + Granola + Strawberry	
EXTRA TOPPINGS	\$1.50
Almond Butter + Honey + Peanut Butter + Nutella + Whey Protein + Vanilla Plant Protein + Banana + Coconut + Strawberry + Blueberry + Chia Seeds + Granola + Chocolate Chip	
SUPPLEMENTS	\$0.75
Creatine + Glutamine + Super Greens + Fat Burner + Cinnamon + Oats	

THE BAKERY

CUT OUT COOKIES	\$1.50	<i>Made fresh daily by our in house baker and available while supplies last</i>
SCONE	\$3.50	
CINNAMON BUNS	\$3.75	
JUMBO MUFFIN	\$3.75	
TIRAMISU	\$4.00	
OREO MOUSSE PIE	\$4.00	
HOMEMADE COOKIES	\$2.00	
BROWNIES	\$2.50	
CANNOLIS	\$2.50	
CUPCAKES	\$2.00	
CUPCAKE W/ FILLING	\$2.50	
GLUTEN FREE CUPCAKE	\$3.00	
MINI CUPCAKES	\$1.50	
BISCOTTI	\$2.00	
TIRAMISU	\$4.00	
SPECIALTY BREAD SMALL	\$4.00	
SPECIALTY BREAD LARGE	\$6.00	

BEVERAGES

Regular is 16oz, Large is 20oz

HOT COFFEE	\$2.99/\$3.49
LATTE	\$4.50/\$5.50
CAPPUCCINO	\$4.50/\$5.50
MACCHIATO	\$4.50/\$5.50
HOT TEA	\$2.99/\$3.49
HOT CIDER	\$4.50/\$5.50
VANILLA STEAMER	\$3.50/\$4.35
HOT CHOCOLATE	\$4.50/\$5.50
WHITE HOT CHOCOLATE	\$4.50/\$5.50
ICED COFFEE	\$2.99/\$3.49
COLD BREW	\$4.00/\$4.50
ICED LATTE	\$4.00/\$4.50
ICED MOCHA	\$4.00/\$4.50

CHAI LATTE	\$5.50/\$6.00
Hot or Iced with choice of flavoring	
WHITE KNIGHT	\$4.50/\$5.50
Hot or iced latte flavored with white chocolate sauce choice of dairy	
RED EYE	\$3.75/\$4.25
Espresso with coffee. Choice of dairy and flavor	
BREVE	\$4.50/\$5.00
Latte made with half and half with espresso.	
LONDON FOG	\$2.99/\$3.49
Earl Grey tea, choice of dairy and vanilla flavoring	

REFRESHER	\$4.50/\$5.50
Lemonade with choice of Strawberry, Dragonfruit or Watermelon Kiwi juice.	
SMOOTHIES 16oz	\$5.00
Strawberry, Strawberry Banana, Blueberry Pomegranate, Mango, Chocolate Banana, Green Power Machine, Raspberry	
FROZEN COFFEE 16oz	\$5.00
Jamaican Me Cooler, Frosted Latte, Arctic Mocha, Frosted Carmella, Frozen Chai, Frozen Chocolate Chai, Vanilla Dream, 20 Below Hot Chocolate	
FROZEN DRINKS 16oz	\$5.00
White Hot Chocolate, Peppermint Hot Chocolate, Vanilla Bean Chocolate Chip	

BOTTLED DRINKS

SODA	\$3.00	ENERGY DRINKS	\$3.00
JUICE	\$3.00	ITALIAN SODA	\$3.00
WATER	\$3.00	GATORADE	\$3.00
MILK	\$2.50		