

## RISE \& SHINE

## DAILY BREAKFAST

Fresh fruit cups
Fresh baked pastry
Breakfast burrito
Omelets made to order

## HEALTHY CENTS BREAKFAST

2.95
2.10
5.25
5.95

M- ham, egg \& cheese veggie scramble
T- sausage, egg \& cheese wheat thin
W-street taco hash bowl
TH- duval omelet

F- bacon, egg \& cheese burrito
1.75

Breakfast Deal- fresh fruit cup, baked muffin, \& yogurt cup
Grill- BBQ pork mac \& cheese potato bowl 7.25

Healthy Cents- cod with mango orange sauce, green beans \& wild rice 3.50
Crazy fish sushi- sushi made to order 11.95

Breakfast deal- egg white veggie flatbread
Grill- smoked turkey, spinach monte cristo with fries7.25

Healthy Cents- Tuscan pork loin sweet potatoes \& lemon ginger broccoli 3.50

Breakfast deal- chicken biscuit with fruit cup
5.00

Grill- Buffalo shrimp quesadilla with slaw
7.25

WOW meal deal- chicken bruschetta over whole wheat pasta \& grilled veggies
3.75

Breakfast deal-chocolate chip pancakes with 2 bacon \& 2 eggs
5.00

Grill- mushroom \& swiss burger with tots
7.25

Healthy Cents- bulgogi smoked sausage fried rice \& egg roll
3.50

Pico Italia buffalo chicken flatbread pizza
5.00

FRI
Grill- Philly cheese steak with sriracha fries
Healthy Cents- braised beef tips, roasted potatoes, cauliflower chutney
Pico Italia Meat lovers flatbread pizza

## WEEKLY FEATURES

Fresh salad bar
.57/0z
MTO deli sandwiches
Philly steak6.50
cheeseburger ..... 6.35
chicken sandwich ..... 6.25

## SANDWICH COMBO DEAL

T/W/T- Creamy chicken salad on wheatberry 7.25
each comes with baker chips or fruit salad

| SOUPS |  |
| :---: | :---: |
| MONDAY |  |
| Curry lentil | 120z-3.50 |
|  | 16oz-3.95 |
| TUESDAY |  |
| Tomato bisque | 120z-3.50 |
|  | 16oz-3.95 |
| WEDNESDAY |  |
| Bake potato | 120z-3.50 |
|  | 160z-3.95 |
| THURSDAY |  |
| Chicken dumpling | 120z-3.50 |
|  | 160z-3.95 |
| FRIDAY |  |
| Broccoli \& cheese |  |

