



BREAKFAST SANDWICHES

♥ SUNRISE FITNESS WRAP

Scrambled egg, roasted peppers and onions, spinach, ranchero salsa, wrapped in a wheat tortilla - 4.50

BACON BREAKFAST SANDWICH

Scrambled egg, crispy bacon, American cheese, choice of biscuit or croissant - 3.75

SAUSAGE BREAKFAST SANDWICH

Scrambled egg, sausage, American cheese, choice of biscuit or croissant - 3.75

BREAKFAST BURRITOS

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Scrambled eggs, bacon, sausage, shredded cheddar cheese, wrapped in a flour tortilla, side of ranchero salsa - 4.50

BREAKFAST BURRITO BOWL

Scrambled eggs, bacon, sausage, shredded cheddar cheese, roasted peppers & onions, served over grits - 5.50

BREAKFAST FAVORITES

CINNOBABIES®

Fresh baked mini cinnamon rolls covered with icing - 2.50

GRITS - 1.50

*Add cheese .50

HASHBROWN ROUNDS - 1.95

♥ OATMEAL

Assorted varieties - 2.25

COFFEE & MORE

FRESH BREWED COFFEE

Regular or decaf - 1.25

REDEYE - 1.75

ESPRESSO SINGLE SHOT - 0.75

LATTE

Regular or decaf - 2.00

HOT TEA - 1.50

ICED COFFEE - 1.50

FLAVORED LATTE

Vanilla or chocolate - 2.50

HOT CHOCOLATE - 1.75

FLAVOR SHOT - 0.50



Refreshers

CARIBBEAN VIBES - 4.25

Banana · Strawberry · Peach Juice · Turbinado

VERY BERRY - 4.95

Four Berry · Banana · Yogurt · Honey · Turbinado

JUST PEACHY - 4.25

Peach · Turbinado

SURFS UP - 4.25

Peach · Strawberry · Mango · Turbinado

PB & J - 6.50

Banana · Strawberry · Peanut Butter · Honey · Turbinado

Fitness

MANG-GO - 4.95

Banana · Mango · Yogurt · Honey · Turbinado

BERRY FIT - 4.95

Four Berry · Banana · Strawberry · Pea Protein · Non-Fat Milk
Honey · Turbinado

GO GO BANANAS - 6.50

Banana · Yogurt · Almonds · Flax · Honey

STRAWBERRY PEACH FIT - 4.95

Strawberry · Peach · Flax · Pea Protein · Honey · Turbinado

Boosters

ADD INS

Vanilla Whey Protein - 2.00

Chocolate Whey Protein - 2.00

Pea Protein (vegan) - 1.00

Greek Yogurt - 1.00

Honey - 0.65

Low-fat Milk - 0.50

GO NUTS

Peanut Butter - 1.00

Almonds - 1.50

Flax Seed - 1.00



TAKE OUT MENU



PICK 2 FOR 6.95

CHOOSE FROM ANY HALF CAFÉ SANDWICH AND HALF SALAD

MARKET FRESH SALADS

CAFÉ COBB

Fresh greens, sliced chicken, monterey and cheddar cheese, guacamole, bacon, sliced egg
Whole 6.95 - Half 3.95

CAESAR

Romaine, parmesan, croutons, tossed in Caesar dressing
Whole 4.95 - Half 2.95 - Add Chicken 2.95

♡ SPICY CHICKEN FAJITA

Fresh greens, sliced chicken breast, roasted corn, black beans, roasted peppers and onions, sliced jalapenos, cheddar cheese, southwest ranchero sauce - Whole 6.95 - Half 3.95

CAFÉ SANDWICHES & WRAPS

Served with a pickle and your choice of chips or a piece of fruit

SICILIAN

Italian salami, sliced pepperoni, ham, pepper jack cheese, parmesan cheese, roasted peppers, lettuce, tomato, sicilian olives, oil & vinegar - 6.95

DELI CLUB

Roasted turkey, sliced ham, crispy bacon, American and Swiss cheese, lettuce, tomato, mayonnaise - 6.95

ASIAGO ROAST TURKEY

Roasted turkey breast with asiago herb mayonnaise, fresh greens, tomato, red onion - 6.95

BREAD CHOICES

Whole Wheat Sub | White Sub | Whole Wheat Wrap

HANDCRAFTED PANINI

Served with a pickle and your choice of chips or a piece of fruit

SOUTHWEST CHICKEN

Grilled chicken, guacamole, roasted peppers & onions, ranchero salsa, pepper jack cheese - 6.95

CALI TURKEY CLUB

Roasted turkey, pepper jack cheese, bacon, guacamole - 6.95

PANINO CUBANO

Slow roasted pork, sliced ham, Swiss cheese, pickles, mayonnaise, yellow mustard on a grilled roll - 6.95

100% BEEF BURGERS

ALL AMERICAN CHEESEBURGER

1/4lb burger, grilled and served with lettuce, tomato, onion, pickles, melted American cheese, on a brioche bun - 4.25

BACON CHEESEBURGER

1/4lb burger, grilled and served with lettuce, tomato, onion, pickles, melted American cheese, crispy bacon, on a brioche bun - 5.25

*Make it a double for 2.50

♡ VEGGIE BURGER

Veggie burger, grilled and served with lettuce, tomato, onion, pickles, on a multigrain bun - 5.25

CHICKEN

♡ GRILLED CHICKEN

Grilled chicken breast on a bun with lettuce, tomatoes, pickles - 5.50

CRISPY CHICKEN

2 tenders on a bun with lettuce, tomatoes, pickles - 5.50

*Add cheese .50 *Add bacon 1.00

CHICKEN TENDER BASKET

3 chicken tenders with fries - 6.95

BUFFALO CHICKEN

2 tenders, smothered in a buffalo sauce with lettuce, tomatoes, ranch dressing - 5.95

MEXICAN GRILL

Includes Tortilla Chips And Salsa

QUESADILLA

Choice of meat, Monterey Jack cheese, and roasted peppers & onions in a grilled tortilla - 7.25

FIESTA BURRITO OR BOWL

Choice of meat, Mexican rice, black beans, Monterey Jack cheese, Pico de Gallo, roasted peppers & onions, ranchero salsa, choice of sauce - 7.25

MEAT CHOICES

Beef Barbacoa
Pulled Pork
♡ Grilled Chicken
Crispy Chicken

PILE ON

♡ Jalapenos
♡ Grilled Peppers
♡ Roasted Onions
♡ Black Beans & Corn

SAUCE

Southwest Ranch (cool)
Hot Jalapeno (spicy)
Queso (cheesy)

ADD ON

♡ Guacamole - 1.25
Sour Cream - .75
Extra Cheese - .30
Extra Meat - 2.50

SIDES

FRIES - 1.95

RICE & BEANS - 1.95

COOKIES - 1.00

CINNOBABIES® - 2.25

WHOLE FRUIT - .95

