



## Breakfast

### **The B.E.C. Sandwich** \$6.79

Egg, Bacon, and American Cheese on Croissant | 520 cal

### **The H.E.C. Sandwich** \$6.79

Egg, Smoked Ham, and American Cheese on Croissant | 480 cal

**Substitute Croissant for Bagel** \$0.75

### **New! Bagels** \$2.29

Plain (290 cal), Blueberry (300 cal), Everything (300 cal)

### **Bagel + Cream Cheese** \$4.28 | adds 70 cal

Plain, Chive+Onion

### **Bagel + Butter** \$2.99 | adds 80 cal

## Sweet Treats

### **Muffin**

\$2.99 | 410-470 cal

### **Carrot Cake Slice**

\$2.99 | 400 cal

### **Iced Lemon Loaf Slice**

\$2.99 | 450 cal

### **Iced Red Velvet Cake Slice**

\$2.99 | 460 cal

## Combo Breakfast Sandwich or Bagel



+ Fruit or Yogurt  
+ 16 oz Coffee or Hot  
Tea, Milk, or Juice  
\$8.99 | 530-730 cal

# Sandwiches

**Hastings** | *Ham and Swiss* \$7.49  
Smoked Ham, Swiss Cheese, Lettuce, Tomato, and Honey Mustard on Pretzel Bun | 550 cal

**Lyon** | *Turkey and Pepperjack* \$7.49  
Oven Roasted Turkey, Pepper Jack Cheese, Lettuce, Tomato, and Chipotle Sauce on Pretzel Bun | 550 cal

**Crescent** | *Chicken Salad* \$7.49  
Chicken Salad, Swiss Cheese, Lettuce, and Tomato on Croissant | 710 cal

**The Hill** | *Club* \$8.49  
Oven Roasted Turkey, Smoked Ham, Bacon, Swiss Cheese, Lettuce, Tomato, and Pesto Aioli on Ciabatta | 710 cal

**Prospect** | *Veggie* \$7.49  
Mozzarella, Pesto Aioli, Red Pepper, Lettuce, and Tomato on Ciabatta | 560 cal

**Extra Meat** \$2.09 | 50-90 cal

**Substitute Bread for Bagel** \$0.75

**Made Without Gluten hoagie buns available upon request**

# Soup

Ask about our soup of the day!

**8 oz** \$5.99  
70-240 cal

**12 oz** \$6.99  
110-360 cal

**16 oz** \$7.99  
140-480 cal

# Combos



## Sandwich Combo

**Sandwich** + Chips or Fruit + Fountain Drink, 16 oz Coffee or Hot Tea, Milk, or Juice  
\$11.99 | 600-1250 cal



## Soup Combo

**Any Size Soup** + Chips or Fruit + Fountain Drink, 16 oz Coffee or Hot Tea, Milk, or Juice  
\$11.09 | 120-1020 cal



## Half and Half Combo

**Half Sandwich + 8oz Soup** + Fountain Drink, 16 oz Coffee or Hot Tea, Milk, or Juice  
\$11.48 | \$12.48 The Hill | 350-930 cal

# Coffee & Tea

HOT

	16 oz	20 oz	cal
Brewed Coffee	\$2.89	\$3.19	10/15
Americano	\$3.99	\$4.19	15/20
Latte	\$4.89	\$5.09	270/350
Cappuccino	\$5.09	\$5.29	180/230
Mocha	\$5.19	\$5.39	380/490
White Mocha	\$5.19	\$5.39	390/510
Caramel Macchiato	\$5.19	\$5.49	450/540
Hot Chocolate	\$3.79	\$3.99	430/540
Chai Tea	\$5.09	\$5.29	290/470
Hot Tea	\$2.99	\$3.29	0

ICED

	20 oz	24 oz	cal
Iced Coffee	\$3.09	\$3.39	5/10
Iced Americano	\$3.99	\$4.19	20/25
Iced Latte	\$4.89	\$5.19	160/200
Iced Mocha	\$5.19	\$5.39	290/330
Iced White Mocha	\$5.19	\$5.39	300/340
Frappe	\$5.29	\$5.59	420/440
Iced Chai Tea	\$4.89	\$5.19	200/330

# Extras

		cal
Extra Espresso Shot	\$0.99	5
Flavor Shot	\$0.79	0-110

Vanilla, Caramel, Hazelnut, Dark Chocolate, White Chocolate, Sugar Free Vanilla

**Almond or Oat milk available upon request**

**Bring your own clean cup and receive 25¢ off your order**

# Pop & Chips

		cal
Brickman's Potato Chips	\$1.99	200-210
Fountain Drink 22oz	\$2.59	0-330

Additional nutrition information available upon request. 2,000 calories a day is used for general advice, but calorie needs vary.