

BREAKFAST

ADD SAUSAGE \$1.25 VEGGIE SAUSAGE \$2.00
OR BACON \$2.00

SUNRISE SANDWICH \$4.95

Egg and cheese on a toasted English muffin or bagel

WAKE UP WRAP \$6.25

Two eggs, pepper jack cheese, black beans,
pico de gallo in a toasted wheat wrap

BAGEL \$2.25

Plain, Everything, or French Toast served with butter or
local honey. Add cream cheese, roasted red pepper
hummus, peanut butter, or jam \$1.00

ENGLISH MUFFIN \$1.95

Toasted English muffin served with butter or local honey

SALADS

MAKE ANY BOWL OR SALAD A WRAP FOR \$.95

CHICKEN CAESAR SALAD \$9.95

Romaine lettuce, chicken, croutons, Caesar dressing,
Parmesan cheese

HUMMUS SALAD \$7.95

Mixed greens, roasted vegetables, cucumbers,
tomatoes, red onion, red pepper hummus

GRAIN BOWLS

MEDITERRANEAN \$8.95

Mixed greens, quinoa, tomato, cucumber, red onion,
Feta cheese, balsamic or tzaziki

CALIFORNIA \$8.95

Mixed greens, brown rice, black beans, roasted veggies,
pico de gallo, avocado, chipotle mayo

ADD CHICKEN OR TURKEY \$2.25
ADD AVOCADO \$1.00 | BACON \$2.00

SANDWICHES and WRAPS

ADD POTATO SALAD OR PASTA SALAD \$1.75
OR COLE SLAW \$1.50

CHICKEN PESTO \$9.95

Chicken, pesto, tomatoes, mozzarella cheese
on a toasted ciabatta roll

TRAIN STOP MELT \$6.95

Pepper jack and Vermont cheddar cheese, bacon,
pico de gallo on toasted on wheat bread

TOASTED TONE \$10.95

Chicken, bacon, pico de gallo, red onion, hot sauce,
pepper jack cheese on a toasted a wheat wrap

THIRD RAIL \$6.95

Black beans, quinoa, and roasted veggies, pepper jack
cheese, pico de gallo, chipotle mayo in a wheat wrap

FLATBREAD and PANINIS

MARGHERITA FLATBREAD \$6.95

Pesto, tomato, mozzarella cheese, balsamic

BUFFALO CHICKEN FLATBREAD \$7.95

Chicken, cheddar cheese, red onion, hot sauce, ranch

GRILLED CHEESE PANINI \$6.00

Cheddar and American cheese on peasant bread

SOUTHWESTERN PANINI \$9.95

Chicken, avocado, pepper jack cheese, tomato, mixed
greens, chipotle mayo on peasant bread

TURKEY AVOCADO \$9.95

Turkey, bacon, avocado, chipotle mayo on peasant bread