**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 each

**ENGLISH MUFFIN $1.95**
Toasted and 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, feta cheese, 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, wild grain 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**

**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 wheat bread

**TOASTED TONE $10.95**
Chicken, bacon, pico de gallo, red onion, hot sauce,
pepper jack cheese on a toasted wheat wrap

**THIRD RAIL $6.95**
Black beans, quinoa, roasted veggies, pepper jack
cheese, mixed greens, pico de gallo, chipotle mayo on a
wheat wrap

**FLATBREADS 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 cheese on peasant bread

**SOUTHWESTERN PANINI $9.95**
Chicken, avocado, pepper jack cheese, pico de gallo
mixed greens, chipotle mayo on peasant bread

**TURKEY AVOCADO PANINI $9.95**
Turkey, bacon, cheddar, avocado, chipotle mayo on
peasant bread

**SOUPS and SUCH**
Vegetarian 3 Bean Chili, or Mac and Cheese
Cup $4.95 | Bowl $6.25