



**Breakfast**  
Served till 11 a.m. Monday-Thursday  
Served till 1 p.m. Friday-Sunday

**Build Your Own Breakfast Sandwich \$7.25**

Served with two any style eggs.

Egg whites \$1.50 extra.

Served with Rosemary potatoes.

Bread	Meat	Cheese
White Toast	Bacon	Dill Haverti
Wheat Toast	Turkey Bacon	Pepper Jack
English Muffin	Turkey Sausage Patties	American
Kaiser Roll		Cheddar
French Bread		Provolone
Bagel		Colby Jack
Ciabata Roll		Swiss
		Gouda

**Fresh Baked Muffins \$2.95**

**Scones \$3.95**

**Medley \$9.25**

Sautéed vegetables topped with your choice of cheese and two eggs cooked to order served with a side of toast.

**Steel Cut Oatmeal**

Steel cut oats slow cooked in soymilk.

Choose from:

Plain oatmeal with brown sugar topping \$3.95

Fresh sliced bananas with brown sugar topping \$5.95

Apple cinnamon with brown sugar topping \$5.95

**Whole Wheat Pancakes \$8.95**

Add bananas or blueberries \$1.25

**Gluten Free Pancakes \$9.95**

Add bananas or blueberries \$1.25

**The Kensington \$8.25**

Shaved Ribeye, grilled onions, and American cheese on your choice of bagel or wrap. Can be prepared gluten-free. Served with our famous roasted rosemary potatoes.

**The A.M. Philly \$8.25**

Grilled Taylor's Porkroll, egg and cheese on a fresh kaiser roll. Served with our famous roasted rosemary potatoes.

**Appetizers**

**Bruschetta \$6.55**

Fresh tomatoes, shaved parmesan, basil and balsamic.

**Nacho Jams \$9.25**

Tortilla Chips, ground turkey breast, black beans, tomato, lettuce, jalapeños and chihuahua cheese served with guacamole, sour cream, and salsa.

**Spinach Artichoke Dip \$9.25**

Homemade herb garlic spinach and artichoke dip served with pretzel balls and tortilla chips.

**Philly Cheese Steak Pizza \$10.95**

Whole wheat crust with shaved ribeye, caramelized onions, red sauce and provolone cheese.

**Margherita Pizza \$10.25**

Whole wheat crust, homemade marinara, fresh mozzarella, basil, balsamic, and shaved parmesan.

**BBQ Chicken Pizza \$9.50**

Whole wheat crust topped with bbq sauce, chicken breast, and smoky gouda cheese with drizzle of southwest ranch.

**Roasted Veggie Pizza \$10.95**

Whole wheat crust topped with garlic herb artichoke spread, roasted vegetables, shaved parmesan, and a balsamic drizzle. Make any pizza gluten-free for \$4.00

Most items on our menu can be made gluten free for \$2.50 extra. Ask your server about vegan options. All prices are subject to change.

## *Sandwiches and Wraps*

All sandwiches and wraps are served with your choice of an organic salad, pasta salad, or potatoes. Add sweet potato hash for \$1.00 extra.

### **The Danny-I-Ello** \$12.95

Grilled chicken breast, tomatoes, fresh mozzarella, basil, and balsamic drizzle. Served on tomato focaccia bread.

### **Chicken Salad Sandwich** \$9.75

Diced free range chicken, honey yogurt dressing, walnuts, grapes, and celery. Served on whole grain toast.

### **Grilled Chicken Breast Sandwich** \$9.75

Grilled chicken, lettuce, tomato, and mayo. Served on a kaiser roll or wheat kaiser roll.

### **Topher's Tuna** \$9.25

Albacore tuna, mayo, chopped celery, and lettuce. Served on whole grain toast. Can also be served open faced with cheese and tomato for \$2.50 extra.

### **The Dawn Marie** \$10.50

Freshly sliced Angus beef and melted provolone with a side of au jus for dipping. Served on a French roll.

### **The Great New Yorker** \$11.25

Sliced Angus beef, New York state white cheddar, roasted red peppers, and horseradish mayo. Served on a steak roll.

### **The Diggler** \$10.25

Turkey, turkey bacon, lettuce, tomato, and mayo. Served on a spinach wrap.

### **Arnold's Delight** \$11.25

Grilled chicken breast, bruschetta, provolone, and roasted red peppers. Served on a toasted hoagie roll brushed with garlic oil.

## *Soups*

Ask about our daily soups

## *Signature Sandwiches*

All sandwiches and wraps are served with your choice of an organic salad, pasta salad, or potatoes. Add sweet potato hash for \$1.00 extra.

### **Amanda's B5** \$9.25

Banging black bean burrito burger. Our chef's homemade burrito burger with colby jack cheese, sliced tomato, and fresh avocado. Served on a whole grain bun.

### **The Vegalone Veggie** \$9.25

Fresh grilled vegetables piled high on a ciabatta roll with a lemon garlic aioli and sprinkled feta cheese.

### **Turkey and Swiss Hoagie** \$9.50

Turkey, Swiss cheese, lettuce, tomato, and mayo. Served on a hoagie roll.

### **Roast Beef and Cooper Sharp Cheddar Hoagie** \$11.25

Roast Beef, Cooper Sharp Cheddar cheese, lettuce, tomato, red onion and horseradish sauce. Served on a hoagie roll.

## *Paninis*

All paninis are served with your choice of an organic salad, pasta salad, or potatoes. Add sweet potato hash for \$1.00 extra.

### **The Great Gobbler** \$10.25

Oven roasted home-style breast of turkey paired with havarti dill cheese, lettuce, and cranberry honey mustard.

### **The Cuban** \$11.75

Slow roasted Cuban pork, Taylor's ham, and Swiss cheese, pressed with a dill pickle, mayo, and mustard on a Cuban style roll.

### **The Henhouse** \$10.25

Rotisserie chicken, provolone cheese, and fresh spinach leaves with a basil pesto sauce.

### **Grilled Cheese** \$6.75

Cooper's sharp white American cheese grilled on fresh panini bread.

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## *House Favorites*

All house favorites are served with your choice of an organic salad, pasta salad, or potatoes. Add sweet potato hash for \$1.00 extra.

### **Curtis' Carne Asada Quesadilla** \$12.95

Grilled, marinated flank steak, or grilled chicken, peppers and onions, chihuahua cheese, served with a side of salsa and sour cream.

### **Two Chicken Tacos** \$10.95

Grilled chicken with roasted tomato salsa, grilled veggies, and fresh avocado on corn tortillas.

### **Spaghetti Squash** \$9.95

Roasted squash tossed with a homemade pomodoro sauce. Topped with parmesan cheese and basil.

### **Angus Burger** \$10.95

100% angus burger cooked to preference. Served with lettuce, tomato, and pickles.

## *Philly Favorites*

All Philly favorites are served with an organic salad, pasta salad, or potatoes. Add sweet potato hash for \$1.00 extra.

### **Authentic Philly Cheesesteak Hoagie** \$10.95

Your choice of steak or chicken, white American cheese, lettuce, tomato, grilled onion, and pickles.

### **Pizza Steak** \$10.95

Your Choice of steak or chicken, provolone cheese, grilled peppers and onions and red sauce.

## *Salads*

All salads can be prepared as a wrap.

### **Waldorf** \$13.95

Grilled free range chicken, mixed greens, apples, grapes, walnuts, feta cheese, and cranberries with a waldorf dressing. Served with a warm roll.

### **The Angel-Lea** \$11.95

Grilled free range BBQ chicken on mixed greens with corn, tomatoes, black beans, and cheddar cheese with a southwest ranch dressing topped with tortilla strips and crispy onions. Served with a warm roll.

### **Taco Salad** \$11.95

Ground turkey taco meat, mixed greens, salsa, avocado, cheddar cheese, tomatoes, black beans and sour cream, with a southwest dressing. Served in a baked tortilla shell.

### **The Alyssa** \$11.95

Grilled free range chicken breast, romaine lettuce, shaved parmesan, and croutons with Caesar dressing. Served with a warm roll.

## *Kid's Menu*

Children 12 & under.

All Kid's Menu items are served with a juice box and Kiddie Bliss with your choice of one topping.

### **Grilled Cheese** \$5.25

Served on whole grain white bread.

### **The V.I.C.** \$5.25

Peanut butter, Nutella and banana grilled on whole grain white bread.

### **PB&J** \$5.25

Served on whole grain white bread.

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## Banana Bliss

All natural frozen treat made entirely from banana.

**Niño \$3.95**

**Manzano \$4.50**

**Toppings**  
\$.50 each



### Nice

Granola  
Slivered Almonds  
Coconut  
Flax Seed  
Seasonal Fruit

### Naughty

Cookie Crumbs  
Peanut Butter Sauce  
Mini M&M's  
Brownie Chunks



### Natural Fudge Sauce \$.65

All natural fudge sauce made from pure fruit juice and dark cocoa. No fat, no dairy, no gluten. Just delicious antioxidant-rich cocoa and fruit.

### Natural Strawberry Sauce \$.65

Made entirely from pure fruit.

## Hot Drinks

### House Coffee

A variety of special blends  
\$2.50 \$2.85 \$3.25

### Café Au Lait

House coffee with steamed milk  
\$2.75 \$3.15 \$3.50

### Espresso

\$2.25 \$2.75

### Espresso Con Panna

Espresso with a dab of whipped cream  
\$2.75 \$3.00

### Cappuccino

Espresso with steamed milk topped with milk foam  
\$3.25 \$3.75 \$4.25

### Café Latte

Espresso with steamed milk  
\$3.25 \$3.85 \$4.45

### Americano

Espresso with hot water  
\$2.25 \$2.50

### Red Eye

House coffee with a shot of espresso  
\$3.50 \$3.85 \$4.25

### True Macchiato

Espresso with a dab of milk foam  
\$2.50 \$2.75

### Café Mocha

Café latte with white or dark chocolate  
\$3.25 \$4.45 \$4.95

### Hot Cocoa

Steamed milk with mocha mix  
\$2.25 \$2.75 \$3.00

### Chai Tea Latte

Spiced Chai tea with steamed milk  
\$3.25 \$3.80 \$4.10

## Blissful Dreams

### Almond Heaven \$5.50

Coconut, fudge, and slivered almonds

### PB&J \$5.50

All natural strawberry sauce and peanut butter sauce

### Banana Cream Pie \$5.50

Graham cracker crumbs, fresh whipped cream, and fudge drizzle

### Banana Split \$5.75

All natural strawberry sauce, all natural fudge sauce, slivered almonds, and fresh whipped cream

## Cold Drinks

### Blissful Blend

Espresso, your choice of milk and flavor blended with ice and topped with whipped cream.  
\$5.25

### Iced Coffee

\$3.25 \$3.50 \$3.75

### Iced Latte

Espresso and cold milk over ice  
\$3.25 \$3.85 \$4.45

### Iced Mocha Latte

Café mocha over ice  
\$3.85 \$4.45 \$4.95

### Gorilla Coffee

Iced coffee blended with frozen banana and mocha.  
\$5.25

### Iced Flavored Latte

\$3.85 \$4.45 \$4.95

### Iced Tea

\$1.50 \$1.75 \$2.00

### Italian Soda

Flavored syrup in iced sparkling mineral water.  
\$3.50

### Creamosas

Italian soda and half & half.  
\$3.75

### Added Flavor Shots \$.65

Vanilla, Caramel, Mocha, White Mocha, Toffee Nut, Raspberry, Sugar Free Caramel, Sugar Free Vanilla, Hazelnut, Seasonal Syrups

**Soy Milk \$.65**

**Almond Milk \$.65**