

breads - texas toast, wheat, rye, father sam's pocket bread, sourdough (+\$2), gluten free (+\$1) cheeses - provalone, swiss, american, mozzarella, cheddar, ask about out featured cheeses! veggies - peppers, onions, lettuce, tomatoes, black beans, chickpeas meats (+\$1each) - bacon, ham, turkey, sausage, pepperoni, salami, chicken

BREAKFAST (ALL DAY)

- **\$5 build your own** breakfast meal available as a sandwich, wrap, or quesadilla comes with egg, cheese, veggies, add meats for an additional \$1 each
- \$8 keto breakfast bowl- egg, cheese, meat, veggies (peppers/onions), bbq sauce, hot sauce
- **\$5 yogurt bowl** seasonal fruits, granola, yogurt
- \$5 fruit bowl- seasonal WNY fruits
- \$5 grilled pb&j- peanut butter and jelly sandwich grilled
- \$3 cinnamon toast- choice of bread, toasted, with butter and sprinkled with cinnamon



LUNCH/DINNER

SANDWICHES

- \$5 basic- texas toast grilled with american cheese (add meats +\$1 each)
- **\$8 cheesus** mac n cheese stuffed inside our basic grilled cheese sandwich (add meats +\$1 each)
- \$8 buffalo- basic grilled cheese with seasoned chicken strips, mozzarella, hot sauce, and bbq sauce
- \$8 philly- basic grilled cheese with philly style steak, mozzarella cheese, peppers & onions, and bbq sauce
- \$8 blttc- basic grilled cheese with bacon, lettuce, tomato, turkey, cheese
- \$8 pesto- melted mozzarella cheese with pesto and tomatos inside grilled texas toast (add meats +\$1 each)
- pizza sammie garlic buttered texas toast with melted mozzarella cheese, pepperoni and marinara
- abc apples, bacon, cheddar, grilled inside wheat bread

MAC N' CHEESE

- \$7 basic- homemade mac n' cheese (add meats +\$1 each)
- \$10 philly- mac topped with mozzarella, philly steak, peppers & onions, and bbq sauce
- \$10 buffalo- mac topped with chicken strips, mozzarella, hot sauce, and bbq sauce
- \$8 bacon- mac topped with crispy bacon

SIDES/BEVERAGES

- \$2 juice, coffee, tea, water (unlimited coffee refills)
- \$3 coke products, iced tea
- \$3 side mac (add meats +\$1 each), potato salad fruit salad, soup
- pickle, chips

WRAPS

- veggie- romaine, tomatoes, onions, chickpeas, peppers, black beans, american cheese, dressing, (add meats +\$1 each)
- buffalo- romaine, tomatoes, onions, chicken, mozzarella, hot sauce, and bbg sauce
- \$9 philly-romaine, tomatoes, peppers, onions, philly steak, mozzarella, and bbg sauce
- \$9 bacon- romaine, tomatoes, onions, italian dressing, bacon, american cheese
- \$9 blttc- romaine, tomatoes, bacon, turkey, american cheese, dressing any other sandwich can be made into a wrap for \$1 extra

SALADS

\$7 basic- romaine, tomatoes, peppers, onions, cheddar cheese, chickpeas, black beans, dressing (add meats +\$1 each) ask about our featured salad of the week!

SOUPS

\$5 tomato- tomato soup with homemade croutons and cheese ask about our featured soup of the week!

DESSERTS

- \$5 **nutella** - melted nutella inside grilled texas toast add m&m's, banana, bacon, peanut butter, preztels, apples, chips, marshmallows (+\$1 each)
- \$7 **s'more** - melted nutella inside grilled texas toast with graham crackers and marshmallows

ask about our featured desserts of the week!

combo meal: add a side + beverage SAVE \$1 **VEGAN, LACTOSE-FREE, & GLUTEN-FREE OPTIONS AVAILABLE** NYS SALES TAX IS NOT INCLUDED

