



VAFB.....You Found It!

SANDWICHES

SERVED ON A FRENCH BAGUETTE ADD POTATO SALAD FOR \$1.00

PASTRAMI - \$10.50

Pastrami, Swiss Cheese, Ground Mustard, Spring Mix & Sprouts

TRI-TIP FRENCH DIP - \$11.50

Tri-Tip, Caramelized Onions, Swiss Cheese, Spring Mix & Au Jus

TURKEY - \$9.50

Turkey, Basil Aioli, Bacon, Spring Mix, Sprouts & Tomato

HAM - \$9.50

Ham, Swiss Cheese, Ground Mustard, Basil Aioli, Spring Mix & Sprouts

ITALIAN - \$11.50

Ham, Pepperoni, Salami, Swiss Cheese, Ground Mustard, House Made Olive Tapenade,

Pepperoncini's & Spring Mix tossed with Italian Olive Oil, Served Warm

SALADS

****CESAR SALAD** - \$9.50**

Romaine, Parmesan, House Made Croutons & House Made Cesar Dressing

****SPRING MIX SALAD** - \$9.50**

Spring Mix, Blueberries, Candied Walnuts, Goat Cheese & Raspberry Vinaigrette

CHOPPED SALAD - \$11.50

Romaine, Chicken, Avocado, Tomato, Red Onion, Bacon, Egg, Ranch & Raspberry Vinaigrette

½ SANDWICH + ½ SALAD LUNCH COMBO - \$10.00

Choice of ½ Turkey or ½ Ham Sandwich served with ½ Spring Mix Salad and a Bottled Water

QUICHE OF THE DAY SERVED W/ SPRING MIX SALAD - \$10.00

SIDES

Potato Salad - \$2.50 Add-Ons (Bacon/Chicken/Avocado) - \$2.00

REAL FRUIT SMOOTHIES - \$7.50

ADDITIONAL CHARGE FOR SUBSTITUTIONS AND ADDITIONS

PEANUT BUTTER BANANA

Peanut Butter, Banana, Milk, Yogurt, Honey

STRAWBERRY BANANA

Strawberry, Banana, Coconut Water, Yogurt, Honey

MIXED BERRY

Berries, Coconut Water, Yogurt, Honey

PINEAPPLE DOLE WHIP

Pineapple, Honey, Milk, Pineapple Juice

FRESH SQUEEZED JUICES - \$7.50

CARROT/APPLE/GINGER

BEET/GINGER/GARLIC/KALE/LEMON/APPLE/CARROT

GREEN APPLE/CUCUMBER/BASIL/JALAPENO/ORANGE/LEMON

VARIOUS JUICE RECIPES AVAILABLE

BUILD YOUR OWN JUICE

ACAI BOWLS - \$8.50

WELLNESS SHOTS - \$2.00

SMOOTHIE & JUICE ADD-ONS - \$.50/EA

BEE POLLEN/SPIRULINA/VITAMIN C/PEA PROTEIN/MATCHA POWDER/CHIA SEEDS/CACAO BITS



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BREAKFAST OPTIONS

(BREAKFAST SANDWICHES SERVED WITH MEAT, EGG & CHEESE)

HAM or BACON BREAKFAST SANDWICH ON BAGEL \$4.00 (BACON) \$4.50 (HAM)

HAM or BACON BREAKFAST SANDWICH ON WHOLE WHEAT BREAD \$4.00 (BACON) \$4.50 (HAM)

BAGEL W/ CREAM CHEESE - \$2.00

SANDWICH / SALAD ADD ONS

CHICKEN - \$2.00
BACON - \$2.00
AVOCADO - \$2.00
EXTRA MEAT - \$2.00
RANCH - \$.25
EXTRA EGG - \$1.00
TOMATO - \$.25
ONION - \$.25
SWISS CHEESE - \$.50
RASPBERRY VINAIGRETTE - \$.25
BBQ SAUCE - \$.25
SPROUTS - \$.25
SPRING MIX - \$.25
ROMAINE - \$.25
BASIL AIOLI - \$.25
MUSTARD - \$.25
BAG OF CHIPS - \$1.50
GOAT CHEESE - \$1.00
CREAM CHEESE - \$1.00
CARMELIZED ONIONS - \$.25
OLIVE TAPENADE - \$.50
CUCUMBERS - \$.25

SMOOTHIE ADD ONS

STRAWBERRIES - \$1.00
PINEAPPLE - \$1.00
BLUEBERRIES - \$1.00
BANANA - \$1.00
PEANUT BUTTER - \$1.00
SOY MILK SUBSTITUTION - \$.50
ALMOND MILK SUBSTITUTION - \$.50

JUICE ADD ONS

KALE - \$.25
CUCUMBERS - \$.25
CARROTTS - \$.25
GINGER - \$.25
APPLES - \$.25
ORANGES - \$.25
LEMONS - \$.25
BEETS - \$.25

WATER - \$3.00
PEACE TEA - \$3.00
COCONUT WATER - \$3.50

**FRESH
FRUIT
\$1.00 EACH**