## BREAKFAST

## KOLACHES

10\% discount off a Dozen, Mix and Match Varieties (Subject to availability as we bake them fresh daily)

## TRADITIONAL

- Fruit (ask for today's flavor)
- Cinnamon Roll


## STUFFED

- Applewood Smoked Bacon, Egg \& Cheese
- Egg \& Cheese
- Sausage, Egg \& Cheese
- Sausage Gravy


## CROISSANTS

* Make sure to check our bakery case for other chef inspired flavors.


## BOVILS

## YOGURT PARFAIT

Strawberry, Lemon Blueberry or Lemon Raspberry each served with crunchy granola

## BREAKFAST BOWL

1 biscuit or 2 biscuits

- Biscuits \& Sausage Gravy
- Scrambled Eggs
* Topped with your favorites!



## BEVERAGES

ESPRESSO DRINKS 120z 160z 20oz

- Cappuccino • Americano • Café Latte
- Macchiato • Mocha

| FRESH COFFEE | $120 z$ | $160 z$ | 20 oz |
| :--- | :--- | :--- | :--- |
|  | $120 z$ | $160 z$ |  |
| KOMBUCHA | $120 z$ | $160 z$ | 20 oz |
| COLD BREW COFFEE |  |  |  |
|  | $240 z$ | $320 z$ | $440 z$ |
|  |  |  |  |

## SMOOTHIES

SUPERFOOD SMOOTHIE 120z $160 z$

- Avocado • Baby Spinach • Mango • Blueberry
- Banana • Flax Seed • Greek Yogurt
*Add Protein Powder


## BERRY BLAST

- Strawberry • Blueberry • Raspberry
- Blackberry • Greek Yogurt


## STRAWBERRY BANANA

- Strawberry • Banana - 2\% milk


## MANGO MADNESS

- Mango• Pineapple Juice - Greek Yogurt


## SWEETS

COOKIES
One I Three | DOZEN

## FUDGE BROWNIE

One I Three



## TeosEatery

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## LUNCH \& DINNER

## SALAD BOWIS

Choose from a variety of salad dressings

## HARVEST SALAD WITH CHICKEN

Herb-sliced chicken, crisp mixed greens, halved cherry tomatoes, shredded carrots, toasted pumpkin seeds, sunflower kernels, sliced red bell pepper, crumbled goat cheese, dried cherries and apricots

## LEO'S CHEF SALAD

Hearty lettuce blend, baby swiss and smoked cheddar, halved cherry tomatoes, sliced cucumbers, shredded carrots, hard-cooked eggs and toasted sunflower kernels

## SUPER FUEL QUINOA BOWL WITH STEAK

Pan-seared flank steak, quinoa, chopped kale, roasted chickpeas, shredded carrots, broccoli florets, sliced radish, toasted pumpkin seeds, halved cherry tomatoes, hard-cooked eggs and sliced jalapeno

PRIDECHICKEN CAESAR SALAD
Herbed sliced chicken, hearty lettuce blend, aged Parmesan and candied pecans

## SOUPS

8oz | 12oz | 32oz

- French Onion • Black Bean Chili - Tomato Basil • Soup of the Day


## IKOLACHES

(Subject to availability as we bake them fresh daily)

## TRADITIONAL

- Blueberry • Cherry • Strawberry • Cinnamon Roll


## STUFFED

- Pepperoni Pizza • Ham \& Cheese • Hand Pulled Pork


## PREMIUM

- Philly Steak \& Cheese • Polish Sausage \& Cheese - Polish Sausage, Jalapeno \& Cheese

Make sure to ask about our monthly special flavors.

## GRAB AND GO

WRAPS

- Bacon Jam Turkey Club in Spinach Wrap
- Chicken Caesar Salad Wrap


## SANDWICHES

- Chicken Salad Croissant
- Turkey \& Smoked Cheddar on Pretzel
- Italian Ham \& Provolone
- Ham \& Swiss Cheese on Challah Bun

PASTA \& WINGS

- Fire-Roasted Chicken Wings with Carrots \& Ranch
- Cavatappi Pasta with Alfredo
- Black Bean Chili Mac with Cheese
- Herb Roasted Chicken Cavatappi with Alfredo
- Meatball \& Marinara Cavatappi


## SIDES

MIXED FRUIT CUP

HOMESTYLE POTATO SALAD

CREAMY COLESLAW

ITALIAN PASTA SALAD

## CUSTOM <br> POVYER BOVML

Small I Large
(1) CHOOSE BASE

- Mixed Greens
- Pasta
- Baked Potato
- GrainsADD TOPPINGS (GO WILD!)
- Your choice from the toppings barFINISHING TOUCHES
- Add your choice of dressings \& saucesif desired...


## PROTEINS \& ADD ONS (ANY BOWL)

- Sliced Avocado
- Blackened Tofu - Herbed Sliced Chicken
- Pan Seared Flank Steak
- Salmon

FOR THE CUBS KIDS MEAL

## CHOICE OF KOLACHE

- Pepperoni Pizza
- Pulled Pork
- Ham \& Cheese

CHOICE OF SIDE

- Fruit
- Bag of Chips

Cookie
CHOICE OF DRINK

- 2\% Milk
- Water
- 120z Fountain Drink

