

# smoothies

**CLASSIC BLENDS**    16oz REG.    20oz LG.  
\$ 8.49    \$10.49

Choose Low-fat Yogurt, Almond Milk or Coconut Milk

**WILD STRAWBERRY**  
Strawberries, kiwi lime

**TROPICAL THERAPY**  
Pineapple, coconut, kiwi lime

**CARIBBEAN CRAZE**  
Bananas, strawberries

**MAUI MANGO**  
Mango, strawberries, bananas

**BANGIN' BERRY**  
Pomegranate, raspberries, blueberries, bananas

**ORANGE SUNRISE**  
Pineapple, strawberries, bananas, orange juice & yogurt

**ACAI ENERGY**  
Acai, strawberries, bananas, blueberries, granola

**BANANA BERRY**  
Strawberries, bananas & yogurt

**MANGO ME CRAZY**  
Mango, pineapple

**PEACH ON THE BEACH**  
Peaches, strawberries, mango, orange juice & yogurt

**BOOSTERS \$1.49\*** (Can be added to Classic Blends) \* Energy    \* Protein    \*Immunity  
**PURPOSE BLENDS**    REG. 16 oz. \$11.49

**GOIN' GREEN**  
Fresh kale, spinach, mango & pineapple, yogurt  
& Energy Boost

**PB PROTEIN**  
Peanut butter, bananas, cocoa, yogurt & Protein Boost

coffee    espresso    cappuccino    latte  
3.00    4.25    5.25    5.25

## breakfast wraps\* & more

\*Our wraps are made with thin BakeSense, Lavash Roll-Ups  
(120 Cal, 12g Carbs, 10g Protein, 7g Fiber)

Bacon, egg, & American cheese    \$7.95

Pastrami, egg & Swiss cheese    \$8.95

Onion, egg, peppers & Mozzarella cheese    \$7.95

Sausage with salsa, egg & Cheddar cheese    \$8.95

Waffle, scrambled eggs, bacon and warm syrup    \$10.50

Hash Brown Potato    \$2.00

Peppers, Egg and Choice of Cheese on a roll    \$7.95

**Chicken Pot Pie**    \$12.95

Flaky, buttery crust, a creamy sauce and a mix of chicken and vegetables in a personal sized pastry

**Quiche Lorraine**    \$13.95

Classic French recipe with Bacon, eggs, onion, cream and Gruyere cheese in an individual pastry crust

**Spinach Soufflé**    \$11.95

Individual serving of Spinach, egg, bacon, heavy cream and 4 cheeses baked inside puff pastry

**Vegetarian Quiche**    \$12.95

Spinach, tomato, eggs, cream and Goat cheese in an individual pastry crust

**QUICHE AND SOUFFLE's** are served with a side of Mixed Greens Salad

# panini's\* of the day (served with chips) \$7.95- \$12.95

Caprese drizzled with Pesto on Italian bread

Pastrami sliced thin with Swiss and Dijon mustard on Italian bread

Grilled Chicken topped with Fresh Mozzarella and sweet peppers on Italian bread

Meatballs, Parmesan Cheese, House made Tomato Sauce (Gravy) on a Roll

\* Rubeen Rolls

Shredded Corned Beef, Swiss cheese, sauerkraut Wraps , baked and topped with Caraway seeds served with Housemade 1000 Island dressing

## acai bowls \$10.95 (Gluten free available upon request for additional fee)

**NETO** Granola, banana, strawberry, blueberry, coconut flakes and honey

**CHEENA** Granola, strawberry, mango, kiwi, coconut flakes and honey

**NUTTY** Granola, blueberry, banana, peanut butter and NUTELLA

## salads\*, flatbreads & soup\*

**SWEET PETE\*** \$10.95

Arugula, toasted almonds, golden raisins, Parmesan cheese, lemon & olive oil

**BEET SALAD\*** \$10.95

Mixed Greens with beets & mushrooms dressed in blood orange dressing

**CAESAR SALAD\*** \$11.95

Our signature Dressing makes our Caesar salad delicious, served with Parmesan and Prosciutto

**JULIETA SALAD** \$13.95

Mixed greens, Italian tuna, kalamata olives, capers, red onion, tomatoes dressed with balsamic vinegar

\*Add Grilled Chicken \$7.00 or Pan Seared Salmon Filet \$11.00

**SMOKED SALMON AVOCADO** \$14.95 Topped with goat and cream cheese, dill, red onion, Arugula, avocado

**RAGAZZA** \$14.95 White. Shaved pear, Gorgonzola, Copa and Arugula

**CLASSIC** \$9.95 Tomato Sauce & Mozzarella

**ROSA MAURGHERITA** \$10.95 Fresh Mozzarella, house made tomato sauce & fresh basil

**PAPS** \$9.95 White with Mozzarella, choice of bacon or sausage, and a cracked egg

## soup of the day priced accordingly, Cup or Quart

\*Voted " Best Soups on The Main Line" by Main Line Today Magazine 2022 Readers Choice  
Serving "Maggie's Soups, Eat Good Feel Good"

\* Prices may fluctuate because of Market Changes

**We have a service fee of 3.5% for credit card payments and accept VISA & MC ONLY**