### à la carte

English Muffin - \$1.75

Croissant - \$1.75

Bagel/Bagel Thin - \$2.25

**Toast - \$0.99** Sourdough, Wheat or Rye

Add Egg - \$0.99 Sunny Side Up, Over Easy, Over Medium, Fried, Scrambled, Hard Boiled

**Substitute Egg Whites - \$0.50** 

Sausage Patty - \$1.95

**Turkey Sausage Patty - \$1.95** 

Bacon (3 Slices) - \$2.50

**Breakfast Beans - \$2.50**Seasoned Beans and Grilled Cherry Tomatoes



Monday - Thursday • 8am – 4pm Friday • 8am – 2pm

# Breakfast

served all day

The Plate - \$7.25

Two eggs any style, fresh fruit, your choice of protein & toast

## Spinach and Egg White Sandwich - \$5.25

Egg whites on a toasted bagel thin with spinach, shredded Mozzarella and creamy pesto spread

**Greek Yogurt Bowl - \$3.50** 

Fruit, nuts and granola. Add honey, coconut, cinnamon, sugar or chocolate chips +\$0.50

The Power Plate - \$9.25

Two eggs any style, fresh fruit, your choice of two proteins

## Build-Your-Own Egg Sandwich - \$3.75

Two eggs any style with your choice of bread. Add meat + \$1, Add cheese +\$0.50 Make into a wrap +\$3

Gluten-free bagels and toast available!



Lunch

Soup of the Day • Cup - \$2.50 Bowl - \$3.95

So fresh it changes daily and is the perfect side to complete any meal.

# Dressing

Ranch

Italian

Greek

**Balsamic Vinaigrette** 

**Raspberry Vinaigrette** 

**Thousand Island** 

**Honey Mustard** 

### Extras

Chips - \$1.25

**Fruit Cup - \$1.75** 

Veggie Cup + Ranch - \$1.75

Special Side - \$2.50

Selection rotates seasonally

Scoop of Chicken Salad - \$3.25

## Salads

Huckleberry Salad - Side - \$2.50 Large - \$6.50

Spring Mix, cherry tomatoes, red onions, cucumbers, cheddar cheese & a hard boiled egg

Spinach Salad - Side - \$2.50 Large - \$6.50

Spinach, cherry tomatoes, olives, Mozzarella cheese and a hard boiled egg

**Chef Salad - \$9.25** 

Spring Mix, cherry tomatoes, cucumbers, red onions, bacon, cheddar cheese, hard boiled egg, bacon, smoked ham & roasted turkey

Chicken Salad Salad - \$8.75

Chicken salad, spring mix, cherry tomatoes & cucumbers

Mandarin Orange Salad - \$8.75

Grilled chicken breast, spring mix, mandarin oranges, almonds & feta cheese

Call (540) 443-3801 or visit retire.org to place your order.

# Sandwiches

All served with a side & a pickle

**Grilled Cheese - \$7.25**4 slices of your choice of cheese served on grilled sourdough

Turkey Reuben - \$8.50 Grilled turkey & sauerkraut, melted Swiss cheese, 1000 Island dressing on grilled rye

Chicken Club - \$8.99
Bacon, provolone with Lettuce, tomato and mayo on toasted sourdough

Greek Pita - \$7.99

Toasted pita stuffed with spring mix, banana peppers, tomatoes, cucumber, Kalamata olives, feta cheese red onions & Greek sauce

Cranberry Chicken Salad - \$8.25 Celery, onion, walnuts, mayo, salt & pepper served on toasted wheat with spring mix and tomato

Classic BLT - \$8.50
4 slices of crispy bacon, spring mix,
tomato and mayo on toasted sourdough

**Bird on a Bun - \$8.50**Grilled chicken breast on ciabatta with cheddar cheese, spring mix, tomato and creamy pesto

Black Bean Burger - \$8.25 Seasoned black bean burger on a ciabatta with spring mix, banana peppers, red onions, tomatoes & mayo

**Bistro Burger - Single Patty - \$8.99 - Double Patty - \$10.99**Pea-protein burger melt on ciabatta with provolone, cheddar, spring mix, tomato, ketchup, mayo & sautéed onions

# Wraps

All served with a side & a pickle

**Turkey BLT Wrap - \$8.99**Turkey, 2 bacon slices, spring mix, tomato & mayo on tomato basil wrap

Cucumber Hummus Wrap - \$8.25 Cucumbers, spinach, shredded carrots & hummus on whole wheat wrap

Bistro Crispy Chicken Wrap - \$8.99

Pea-protein chicken, spring mix, tomato & ranch on tomato basil wrap

#### Build -Your-Own

Sandwich or Wrap - \$8.99 Served with side & pickle

**Salad - Side - \$5 Large - \$9** Spring mix or spinach base

Quesadilla - \$9.25 Served with salsa, sour cream & side 4 toppings, 1 protein, 1 cheese and sauce/dressing Add extra toppings or cheese +\$0.50 Add extra protein +\$1

## Bread & Tortillas

Sourdough, Wheat, Rye, Pita, Croissant, Bagel, Bagel Thin, English Muffin, Ciabatta, Flour Tortilla, Tomato Basil Tortilla, Whole Wheat Tortilla, Gluten-Free

# **Toppings**

Spring Mix, Spinach, Tomato, Red Onion, Cucumbers, Shredded Carrots, Banana peppers, Mandarin Oranges, Sauerkraut, Almonds, Walnuts

### **Protein**

Grilled Chicken, Smoked Ham, Roasted Turkey, Chicken Salad, Bacon, Black Beans, Hard-Boiled Egg

### Cheese

Cheddar, Provolone, Swiss, Feta, Mozzarella

#### Sauce

Mayo, Yellow Mustard, Dijon, Honey Mustard, Ketchup, BBQ, Hummus, Creamy Pesto, Salsa, Hot Sauce

### Sides

Chips, Veggie Cup, Fruit Cup

Seasonal Special Side -+\$0.75

Cup of Soup - +\$1 Bowl - +\$2.70

