

## Breakfast

Start your day off right with a hot breakfast Panini or pastry baked fresh, a cup of steaming fresh brewed coffee or some fresh fruit...

**Bacon, Cheddar and Egg English muffin Panini** 3.40

**Daily Pastries** Starts at 1.70  
A selection of goodies to tempt you

**Fruit Cup** 2.85  
**Yogurt Cup** 2.90

**Yogurt Parfait** 4.45  
Layered yogurt and fruit topped with granola

**Soup** Small 3.40 Large 4.25  
Made fresh from scratch, changes daily. Available in 1L containers to take home for \$9.75.

## Side Salads

**Choose from our variety of daily salads**

**Small** 2.25  
**Medium** 3.50  
**Large** 7.35  
**Add chicken** 2.85

**Asian Salmon Salad** 13.45  
Please call ahead so we have it ready for you

Additional dressing 0.60

**Pairing** 7.35  
1/2 sandwich or Panini with a side soup or small salad

## Meal Salads

A lighter option, all of the taste and fewer carbs

**Caesar** 7.35  
Crisp romaine, house made croutons, parmesan and bacon with a tangy Caesar dressing (add chicken for 2.85 more)

**Greek Salad** 7.35  
Olives, red pepper, feta, cucumber, and tomato over romaine (add chicken for 2.65 more)

## Sandwiches made to order

All include mayonnaise, lettuce, tomatoes and red onions

**Ham and Swiss** 6.75  
Smoked Black Forest ham, Swiss cheese, honey mustard on a pretzel bun

**Chicken Pesto Wrap** 8.15  
House grilled chicken breast, fire-roasted peppers and pesto mayonnaise with Asiago cheese

**Beef and Red Pepper Jelly** 7.85  
Thinly sliced fresh roasted eye of round, Jalapeno havarti, red pepper jelly on a multigrain bun

**Grilled Vegetable Wrap/Sandwich** 6.75  
Zucchini, pepper, and onions all grilled with herbed cream cheese and hummus.

**Chicken Caesar Wrap** 7.85  
Grilled chicken, fresh parmesan, bacon, and romaine lettuce with a tangy Caesar dressing

## Paninis grilled to order

Fresh from the press – the wait is worth it!

**Smoked Turkey** 6.75  
Thinly sliced smoked turkey, sun dried tomato pesto, smoked provolone, and garlic aioli

**Italian** 7.90  
Spicy Genoa salami, smoked ham, fresh soft cheese, arugula and pesto mayonnaise on sourdough bread

**Beef** 7.90  
Shaved roast beef, jalapeno havarti, red onion, hot peppers, barbecue chipotle sauce, and garlic aioli

**Spicy black bean** 5.60  
**Spicy black bean with chicken** 7.90

## Hot Meal of the Day

Served with a small side salad for \$7.25 or side soup for \$7.99

Join our mailing list to get daily updates

**Tuna Melt** 5.10  
Select's house made tuna salad with cheddar cheese on a one bun

**Chicken and Brie** 6.75  
Grilled chicken, artichoke tapenade, brie and tomato chutney on a wrap

**Twisted BLT** 7.90  
Crisp pancetta, tomato pesto, bocconcini and arugula on sourdough

**Turkey Club** 7.90  
Smoked turkey, bacon, cheddar, arugula, tomato pesto and spicy mayo

**Baked goods** Starts At 1.70  
A selection of house baked treats changing daily

**Soft Drinks** Starts At 1.40  
Assorted

All items are subject to availability and prices might change

without notice



**At the corner of Cherry Blossom Road and Fountain Street**