

Breakfast Sandwiches

Croissant, Ham, Egg & Swiss (500 Cal)
Smoked, lean ham, egg and Swiss on French Croissant.

Steak & Egg (540 Cal)
Egg, Vermont white cheddar and seared steak with salt and pepper on an Everything Bagel.

Mediterranean Egg White (420 Cal)
Egg whites, Vermont white cheddar, tomato sofrito, fresh spinach and nut-free basil pesto with salt and pepper on Ciabatta.

Asiago, Bacon, Egg & Cheese (680 Cal)
Egg, Vermont white cheddar and applewood-smoked bacon with salt and pepper on an Asiago Cheese Bagel.

Bacon, Egg & Cheese (590 Cal)
Egg, Vermont white cheddar and applewood-smoked bacon with salt and pepper on Ciabatta.

Sausage, Egg & Cheese (560 Cal)
Egg, Vermont white cheddar and sausage with salt and pepper on Ciabatta.

Egg & Cheese (400 Cal)
Egg and Vermont white cheddar with salt and pepper on Ciabatta.

— Power Sandwiches —

Ham, Egg & Cheese **New Recipe** (340 Cal)
Egg, Vermont white cheddar and smoked, lean ham with salt and pepper on Whole Grain.

Avocado, Egg White & Spinach (410 Cal)
Egg whites, Vermont white cheddar, avocado, fresh spinach and tomato with salt and pepper on a Sprouted Grain Bagel Flat.

Turkey Sausage, Egg White & Spinach (390 Cal)
Turkey sausage cooked into egg whites, Vermont white cheddar, fresh spinach and tomato with salt and pepper on a Sprouted Grain Bagel Flat.

Hot Plates

Served with sourdough toast (100 Cal) and fruit (40 Cal)

Ham & Cheese Omelette (490 Cal)

Vegetarian Omelette (310 Cal)

Scrambled Egg Breakfast (320 Cal)
Served with applewood-smoked bacon.

Oatmeal, Yogurt & Fruit

Steel Cut Oatmeal
with cinnamon crunch topping and choice of apple chips and pecans **It's Back** (370 Cal) or strawberries and pecans (340 Cal)

Power Almond Quinoa Oatmeal (300 Cal)
Steel cut oats topped with quinoa, almonds, cinnamon and honey.

Strawberry Granola Parfait (330 Cal)

Seasonal Fruit Cup (110 Cal)

Bagels & Cream Cheese

Bagel Pack
13 bagels & 2 tubs of cream cheese spread

Baker's Dozen
13 bagels

Half Dozen
6 bagels

Bagels
Plain (290 Cal)
Sprouted Grain Bagel Flat (240 Cal)
Whole Grain (350 Cal)
Everything (300 Cal)
Sesame (300 Cal)

Specialty Bagels
Chocolate Chip (380 Cal)
French Toast (350 Cal)
Blueberry (340 Cal)
Cinnamon Swirl & Raisin (320 Cal)
Cherry Vanilla **It's Back** (360 Cal)
Pumpkin Pie **It's Back** (380 Cal)
Cinnamon Crunch (430 Cal)
Asiago Cheese (330 Cal)

Cream Cheese Spreads
Calories of 8 oz tubs are for 1 oz serving size
Calories for individual cups are for 2 oz serving size

Plain (100 / 190 Cal) and Reduced-Fat: Plain (70 / 130 Cal),
Roasted Vegetable Medley (110 Cal),
Chive & Onion (130 Cal), Wild Blueberry (150 Cal),
Honey Walnut (150 Cal)



Just For Kids

Calories reflect Classic White Bread. Substitute new Whole Grain Bread.

Half Salad
Choice of Crumbly Blue Cheese (340 Cal), Greek (200 Cal), Caesar (160 Cal) or Seasonal Greens (90 Cal),

Peanut Butter & Jelly (400 Cal)
Creamy peanut butter and grape jelly on Classic White.

Turkey (310 Cal) or Ham Sandwich (320 Cal)
American cheese and a choice of oven-roasted turkey breast or smoked, lean ham on Classic White.

Mac & Cheese (480 Cal)
Shell pasta in a blend of creamy cheese sauce and tangy Vermont white cheddar cheese.

Cup of Soup (110–370 Cal)
Check soup schedule for daily availability.

Cup of Turkey Chili **It's Back** (170 Cal)
Hearty blend of dark meat turkey raised without antibiotics and tender beans, slow cooked with veggies and spices.

Pastries & Sweets

Cinnamon Crumb Coffee Cake

Brownies

Scones

Cookies & Chippers

Muffins

Carrot Cake with Walnuts

Cinnamon Rolls

French Croissants

Contains peanuts and/or tree nuts



All prices subject to applicable taxes and may vary.
Select menu items not available at mall locations.
Menu subject to change without notice.



Fall Paradise Menu '16 BAKERY & CAFE

YOU PICK 2

Have this & that.
COMBINE ANY TWO OF THE FOLLOWING:

Half Salad Half Sandwich Cup of Soup

One Flatbread Small Mac & Cheese



Freshly Baked Bread

We bake breads fresh every morning and feature them in our sandwiches. Pick up a loaf to take home.

Asiago Cheese Focaccia	Molasses Loaf	Sourdough
Asiago Cheese Loaf	Rye Pan Loaf	Sprouted Grain Rolls
Ciabatta	Sea Salt Focaccia	Whole Grain Pan Loaf
Classic White	Soft Dinner Rolls	XL Tomato Basil Loaf
Hoagie Roll		



Sandwiches

Roasted Turkey, Apple & Cheddar **It's Back**
(half 360 Cal / whole 720 Cal) 🥜
Roasted turkey breast raised without antibiotics, Vermont white cheddar, fresh apple and cabbage slaw, arugula and mustard horseradish sauce on Cranberry Walnut Bread.

Steak & Arugula
(half 250 Cal / whole 500 Cal)
Seared steak, arugula, vine-ripened tomatoes, pickled onions, garlic and herb cream cheese spread and mustard horseradish sauce with salt and pepper on Sourdough.

Steak & White Cheddar Panini **New Recipe**
(half 340 Cal / whole 690 Cal)
Seared steak, pickled onions, Vermont white cheddar and horseradish sauce on a Hoagie Roll.

Roasted Turkey & Avocado BLT
(half 340 Cal / whole 690 Cal)
Roasted turkey breast raised without antibiotics, applewood-smoked bacon, lettuce, vine-ripened tomatoes and avocado with pure mayo and salt and pepper on Sourdough.

Chipotle Chicken Avocado Melt **New**
(half 400 Cal / whole 800 Cal)
Smoked, pulled chicken raised without antibiotics, smoked Gouda, fresh avocado and cilantro, zesty sweet Peppadew™ piquant peppers and chipotle mayo on Black Pepper Focaccia.

The Italian **New**
(half 360 Cal / whole 730 Cal)
Smoked, lean ham, Chianti wine salami, spicy sopressa and provolone with spicy giardiniera, basil mayo and fresh arugula on a Hoagie Roll.

Frontega Chicken Panini®
(half 380 Cal / whole 750 Cal)
Smoked, pulled chicken raised without antibiotics, mozzarella, vine-ripened tomatoes, red onions, chopped basil and chipotle mayo on Focaccia.

Bacon Turkey Bravo® **New Recipe**
(half 360 Cal / whole 720 Cal)
Oven-roasted turkey breast, applewood-smoked bacon, smoked Gouda, lettuce, vine-ripened tomatoes and signature sauce with salt and pepper on thin-sliced Tomato Basil.

Club
(half 430 Cal / whole 870 Cal)
Oven-roasted turkey breast, smoked, lean ham, applewood-smoked bacon, lettuce, vine-ripened tomatoes and our dijon-mayo vinaigrette on French Croissant.

Turkey Cranberry
(half 260 Cal / whole 520 Cal)
Oven-roasted turkey breast, cranberry sauce, lettuce, vine-ripened tomatoes and pure mayo on Molasses Bread.

Chicken Walnut 🥜
(half 270 Cal / whole 540 Cal)
Chicken raised without antibiotics, walnuts, seasoning salt, black pepper and pure mayo with lettuce and vine-ripened tomatoes on Molasses Bread.

Mediterranean Veggie **New Recipe**
(half 230 Cal / whole 460 Cal)

Zesty sweet Peppadew™ piquant peppers, feta, cucumbers, lettuce, vine-ripened tomatoes, red onions and cilantro-jalapeno hummus with salt and pepper on thin-sliced Tomato Basil.

Turkey **New Recipe**
(half 280 Cal / whole 560 Cal)
Oven-roasted turkey breast, lettuce, vine-ripened tomatoes and red onions with salt and pepper on Whole Grain with mayo and spicy mustard.

Classic Grilled Cheese
(half 320 Cal / whole 640 Cal)
American cheese on Classic White.

Ham & Swiss **New Recipe**
(half 370 Cal / whole 730 Cal)
Smoked, lean ham, Swiss, lettuce, vine-ripened tomatoes and red onions with salt and pepper on Whole Grain with mayo and spicy mustard.

Tuna Salad* **New Recipe**
(half 340 Cal / whole 690 Cal)
Special recipe tuna salad, lettuce, vine-ripened tomatoes and red onions with salt and pepper on Black Pepper Focaccia.

Sandwiches & Whole Grain Flatbreads served with a Freshly Baked Chocolate Chip Cookie (280 Cal).

*Menu subject to change.

🥜 Contains peanuts and/or tree nuts

Whole Grain Flatbreads

Roasted Turkey Cranberry **It's Back**
(one 310 Cal / two 610 Cal)

Roasted turkey raised without antibiotics, cranberry mostarda and baby spinach with garlic and herb cream cheese spread on Whole Grain Flatbread.

BBQ Chicken
(one 370 Cal / two 740 Cal)
Smoked, pulled chicken raised without antibiotics, frizzled onions, mozzarella, smoked Gouda, fresh spinach and cilantro with BBQ sauce on Whole Grain Flatbread.

Salads

Ancient Grain & Arugula with Chicken **It's Back**
(half 210 Cal / whole 410 Cal)

Chicken raised without antibiotics, arugula, ancient grain blend, red grapes and fresh apple and cabbage slaw tossed with sweet white balsamic vinaigrette dressing and topped with roasted and salted pumpkin seeds.

Chinese Citrus Cashew with Chicken 🥜
(half 270 Cal / whole 540 Cal)

Chicken raised without antibiotics, romaine, napa cabbage blend, diced cucumbers, fresh pineapple and cilantro tossed with soy-miso lime dressing and topped with mandarin oranges, roasted cashew pieces and hoisin sauce.

Green Goddess Cobb with Chicken
(half 270 Cal / whole 530 Cal)

Chicken raised without antibiotics, arugula, romaine, kale and radicchio blend, vine-ripened tomatoes and pickled red onions tossed with freshly made Green Goddess dressing and topped with avocado, bacon, and cage-free hard-boiled egg.

Fuji Apple with Chicken 🥜
(half 280 Cal / whole 570 Cal)

Chicken raised without antibiotics, arugula, romaine, kale and radicchio blend, vine-ripened tomatoes, red onions, toasted pecan pieces, Gorgonzola and apple chips tossed with sweet white balsamic vinaigrette dressing.

Romaine & Kale Caesar with Chicken
(half 260 Cal / whole 530 Cal)

Chicken raised without antibiotics, kale, romaine and parmesan tossed with Caesar dressing and topped with handmade parmesan crisps.

Spicy Thai with Chicken 🥜
(half 260 Cal / whole 510 Cal)

Chicken raised without antibiotics, romaine, roasted cashew pieces, fire-roasted edamame, red pepper and carrot blend, cilantro and wonton strips tossed with low-fat Thai chili vinaigrette and drizzled with peanut sauce.

Tomato Mozzarella
(one 340 Cal / two 680 Cal)

Fresh mozzarella, fresh tomatoes and tomato sofrito, baby arugula and nut-free basil pesto sauce with freshly squeezed lemon on Whole Grain Flatbread.



Modern Greek with Quinoa 🥜
(half 250 Cal / whole 510 Cal)

Romaine, kale, quinoa tomato sofrito blend, diced cucumbers and kalamata olives tossed with Greek dressing and topped with feta and toasted almonds.

BBQ with Chicken
(half 220 Cal / whole 450 Cal)

Chicken raised without antibiotics, romaine, southwest corn blend and frizzled onions tossed with BBQ ranch dressing and drizzled with BBQ sauce.

Caesar with Chicken
(half 230 Cal / whole 450 Cal)
Chicken raised without antibiotics, romaine, parmesan and homemade black pepper focaccia croutons tossed with Caesar dressing.

Southwest Caesar with Chicken
(half 280 Cal / whole 560 Cal)

Chicken raised without antibiotics, romaine, pepper jack and tortilla strips tossed with spicy chipotle caesar dressing.

Crumbly Blue Cheese
(half 340 Cal / whole 670 Cal)

Greek
(half 200 Cal / whole 400 Cal)

Caesar
(half 160 Cal / whole 330 Cal)

Seasonal Greens
(half 90 Cal / whole 180 Cal)

Cold Pasta Salad
(half 540 Cal / whole 820 Cal)

🥜 Contains peanuts and/or tree nuts

Soups

Available in a freshly baked Sourdough Bread Bowl, Bowl or Cup.

🥕=Low-Fat 🌱=Vegetarian

EVERYDAY SOUPS

Chicken Noodle 🥕(110–770 Cal)
Fresh vegetables and tender all-white meat chicken breast simmered in a delicately seasoned chicken broth with traditional egg noodles.

Creamy Tomato 🌱(200–860 Cal)
Vine-ripened pear tomatoes pureed with fresh cream for a velvety smooth flavor accented by hints of red pepper and oregano and topped with homemade black pepper focaccia croutons.

Autumn Squash 🌱 **It's Back** (230–890 Cal)
A rich blend of butternut squash and pumpkin simmered in vegetable broth with select ingredients including: honey, apple juice, cinnamon and a hint of curry, then finished with sweet cream and topped with roasted and salted pumpkin seeds.

Broccoli Cheddar (290-950 Cal)
Chopped broccoli, shredded carrots and select seasonings simmered in a velvety smooth cheese sauce.

Bistro French Onion (200–860 Cal)

Sweet onions in a savory broth with classic sherry wine vinegar gastrique and sea salts, topped with gruyere and homemade black pepper focaccia croutons.

Turkey Chili **It's Back** (170–840 Cal)

Hearty blend of dark meat turkey raised without antibiotics and tender beans, slow cooked with veggies and spices.

SUN/TUES/THUR/SAT

Cream of Chicken & Wild Rice (180–840 Cal)

Long grain and wild rice, celery, onions, carrots and diced chicken simmered in chicken broth embellished with cream and select herbs.

MON/WED

Baked Potato (260-920 Cal)

Home-style cuts of russet potatoes simmered with select seasonings and smoked bacon in a rich cream sauce flavored with spring onion and snipped chives.

FRIDAY

New England Clam Chowder (370–1030 Cal)

Chopped sea clams, diced potato, celery, onions and traditional seasonings simmered in a rich, creamy broth.



Broth Bowls

ADD ½ SALAD, ½ SANDWICH, CUP OF SOUP OR 1 FLATBREAD FOR AN ADDITIONAL CHARGE

Thai Garden Chicken Wonton (290 Cal)

Ginger-chicken wontons, fresh broccoli, spinach, napa cabbage blend, roasted mushroom and onion blend and low-fat Thai chili vinaigrette with cilantro and sesame seeds in our hen broth.

Ricotta Sacchettini with Chicken (460 Cal)
Purse-shaped sacchettini pasta filled with a six-cheese blend, chicken raised without antibiotics, fresh broccoli, spinach, tomato sofrito and basil pesto with fresh lemon and parmesan in our hen broth.

Iced Specialty Drinks

Caffe Mocha (410 Cal)

Caramel Latte (440 Cal)

Chai Tea Latte (190 Cal)

Caffe Latte (170 Cal)

Beverages

Bottled Green Tea (200 Cal)

Seasonal Iced Tea (0 Cal)

Bottled Lemonade (190 Cal)

Soft Drinks (0–440 Cal)

Bottled Water (0 Cal)

Joia® Grapefruit Soda (110 Cal)

San Pellegrino®

Sparkling Water (0 Cal)

Sparkling Fruit Beverage (140 Cal)

Strawberry Paradise Juice (260 Cal)

Premium Orange Juice (160 Cal)

Spindrift® Seltzer

Lemon (0 Cal)

Raspberry Lime (10 Cal)

Organic Apple Juice (120 Cal)

Organic White Milk (120 Cal)

Organic Chocolate Milk (150 Cal)

Hot Drinks

Add shots of espresso (5 Cal), flavored syrups (50-60 Cal) or substitute almond milk (60 Cal) 🥜 for an additional charge. Also available in decaf, iced or with skim milk.

Freshly Brewed Coffee

Light Roast (15–25 Cal), Dark Roast (15–25 Cal), Hazelnut (15–25 Cal), Decaf (10–20 Cal)

Pumpkin Spice Latte **It's Back** (450 Cal)
with salted caramel syrup

Espresso, foamed milk and pumpkin spice with whipped cream and salted caramel syrup.

Chai Tea Latte (240 Cal)

Brewed black tea, honey, vanilla, cardamom, cinnamon, ginger and foamed milk.

Caffe Latte (130 Cal)

Espresso and foamed milk.

Hot “The Republic of Tea” Teas (0 Cal)

🥜 Contains peanuts and/or tree nuts

Fruit Smoothies

Made with vanilla yogurt.

Mango (300 Cal)

Strawberry Banana (260 Cal)

Strawberry **It's Back** (290 Cal)

Power Smoothies

Green Passion (200 Cal)

Peach and mango puree and white grape and passionfruit juice concentrates blended with fresh spinach and ice.

Carrot Pineapple **New** (200 Cal)

Carrot, apple, orange and banana base of purees and juice concentrates blended with fresh pineapple and ice.

Superfruit with Greek yogurt (200 Cal)

A mixture of fruit and berry purees and juice concentrates blended with non-fat plain Greek yogurt and ice.

Frozen Drinks

Caramel (570 Cal)

Mocha (540 Cal)

Caffe Mocha (380 Cal)

Espresso, foamed milk and chocolate topped with whipped cream and chocolate sauce.

Caramel Latte (410 Cal)

Espresso, foamed milk and caramel topped with whipped cream and caramel sauce.

Cappuccino (130 Cal)

Espresso and foamed milk with a cap of foam.

Signature Hot Chocolate (510 Cal)

with chocolate chip marshmallows

Bittersweet chocolate flavored syrup mixed with foamed milk and topped with whipped cream and salted caramel sauce.

Espresso (5 Cal)