

Breakfast—all day long

Southwest Breakfast Wrap \$ 3.60

Scrambled eggs, cheddar cheese & salsa in a sun dried tomato wrap
(Try adding avocado or chicken.)

Garden Breakfast Wrap \$ 3.75

Eggs, green pepper, tomatoes, onion, & cheese in wrap of choice

Breakfast Sandwich \$ 2.90

or Wrap \$ 3.25

Scrambled eggs & choice of cheese on Bagel, Toast, English Muffin, or in a wrap

Add Bacon, Sausage or Ham \$ 1.15

Add chicken \$ 1.75

Choice of cheese – Cheddar, Swiss, Pepper jack, American, Provolone

Bagels (or English Muffin or Toast)

w/ Butter \$ 1.45

w/ Cream cheese \$ 2.00

w/ Veggie cream cheese \$ 2.75

w/ Peanut butter \$ 2.00

w/ Jam \$ 2.00

w/ Honey Butter \$ 2.00

w/ Cinnamon & sugar \$ 2.00

w/ Peanut Butter & Jelly \$ 2.75

Salads

Garden \$ 3.25 / 4.95

Greens, a variety of fresh vegetables

Chef \$ 4.45 / 5.75

Greens, a variety of fresh vegetables, plus ham, turkey, roast beef, & Swiss

CNC Salad \$ 4.55 / 5.75

Greens, chicken, our signature bean salad, shredded cheddar

Greek \$ 4.25 / 5.45

Mixed greens, cucumber, tomato, onion, kalamata olives, and feta cheese

Add chicken for \$ 1.75

Cold Plate \$ 5.25

Tuna, Chicken OR Egg Salad with choice of one of our daily side salads plus garnishes

Side Salads - vary daily \$ 1.75

Dressings: Honey Dijon, Greek, Blue Cheese, Ranch, Balsamic Vinaigrette, Italian, Thousand Island

Basic Sandwiches

Tuna, lettuce, tomato	\$ 3.75
Hummus, lettuce, tomato	\$ 3.75
Bacon, lettuce, tomato (<i>on toast</i>)	\$ 3.75
Egg Salad, lettuce, tomato	\$ 3.50
Grilled Cheese	\$ 2.95
Peanut Butter & Jelly	\$ 2.75

Signature Sandwiches Or put 'em in a wrap

Owasco	\$ 5.25
Tuna, pepper jack, tomato, coleslaw	
Club -served on toasted bread	\$ 5.95
A double-decker w/ roast beef, turkey, bacon, lettuce, tomato, mayo, Swiss	
Oak Hill	\$ 5.25
Turkey, pepper jack, lettuce, tomato, banana peppers, deli mustard	
The Glen	\$ 5.50
Turkey, bacon, cheddar, tomato, onion, coleslaw	
Blue BLT	\$ 3.95
BLT made with blue cheese dressing. <i>Served on toasted bread</i>	
Millard Fillmore	\$ 5.50
Roast beef, pepper jack, lettuce, tomato, mayo	
Rockefeller	\$ 5.50
Roast beef, lettuce, tomato, horseradish, mayo	
The Locke	\$ 5.25
Ham, Swiss, lettuce, tomato, mayo, deli mustard	
California Dreaming	\$ 4.95
Avocado, provolone, tomato, lettuce, mayo	

Signature Wraps

Spinach, Sun Dried Tomato, Herb Garlic, Honey Wheat, or Tomato Basil

Mexican Chicken	\$ 5.25
Chicken with bean salad, lettuce, tomato	
BBQ Chicken	\$ 5.25
BBQ sauce, cheddar cheese, coleslaw, tomato	
Ranchero	\$ 5.25
Chicken, bacon, pepper jack cheese, lettuce, tomato, ranch dressing	
Buffalo Chicken	\$ 5.25
Chicken, Buffalo sauce, tomato, lettuce, blue cheese dressing	
Sloppy John	\$ 4.95
Roast beef , Turkey, OR Tuna with coleslaw & Swiss cheese	
Chicken Salad	\$ 5.25
Our house chicken salad, lettuce, tomato	
Mediterranean	\$ 5.25
Hummus, feta, onion, kalamata olives, cucumber, lettuce, tomato, Greek dressing	
Greek	\$ 4.75
Lettuce, cucumber, tomato, feta, kalamata olives, onion, Greek dressing	
Add chicken for \$ 1.75	
West Coast Wrap	\$ 5.25
Hummus, avocado, lettuce, tomato, Greek dressing	

Additions to any Sandwich or Wrap

- ☺ Cucumber, banana peppers, onion, kalamata or green olives, green pepper, salsa: 45 ¢
- ☺ Avocado, Feta, Crumbly Bleu Cheese: \$ 1.00
- ☺ *Cheeses:* American, Swiss, Cheddar, Pepper jack, Provolone: 65 ¢
- ☺ *Wheat and Gluten Free Roll:* \$ 1.00

Paninis (and other Grilled Favorites)

Yummy sandwiches grilled on locally made Focaccia Bread

OR Have any of our Signature Wraps grilled in our Panini Press for an additional 50¢

Avocado Turkey Panini	\$ 6.45
Turkey, bacon, tomato, Swiss and avocado-ranch dressing	
Junkanini	\$ 6.55
Roast beef, turkey, ham, cheddar & Swiss cheeses, tomatoes, onions, banana peppers, horseradish-mayo dressing	
Blue Devil Panini	\$ 6.35
Roast Beef, crumbled blue cheese, roasted red pepper, buffalo sauce	
Veganini	\$ 5.75
Roasted red pepper, kalamata olives, cucumber, feta, pesto	
Reubenini	\$ 6.45
Traditional Reuben inside and tasty rosemary Focaccia outside – yum! (Turkey or Corned beef)	
Cordon Bleu Wrapini	\$ 6.45
Chicken, ham, swiss, crumbly bleu cheese, tomato, lettuce in an herb garlic wrap	
Quesadilla	\$ 3.95
Pepperjack & cheddar cheeses, served with salsa & sour cream	
With chicken	\$ 5.70

Kids Eats

All served with pickle and applesauce \$ 3.75

PBJ

Grilled Cheese

Egg Salad

Tuna Salad

Seasonal Items

Spring-Summer

Yogurt based drinks in some of your favorite fruit flavors.
Strawberry, Peach, Banana, Pina Colada, or Orange Cream

Specialty Smoothies:

Paradise: banana & peach

Peachberry: peach & strawberry

Banana Chocolate: just what it says!

Banana Berry: banana & strawberry

Strawberry, Peach or Banana Colada

On the Beach: banana, orange, colada

California: banana, strawberry, orange

Banana Split: banana, chocolate, strawberry

Peachy Keen: peach & chocolate

Fall-Winter

Eggnog latte

Hot cider

We have different lattes for *every* season – check them out!

All of our Bagels and Sandwich Breads come fresh from the Ithaca Bakery.

Featuring the
BEST Brewed Coffee in Town.
Organic & Fair Trade

Specialty Drinks
available at all times

Cappuccinos, Lattes

-hot, iced or frozen -

Chai, Tea, Steamers

Check out our latest creations
and monthly specials.

Our second floor is available for special events, parties, meetings, dancing, exercise classes..... If you need a place for your private event or have an idea for a class please contact us.

Past and Upcoming Events:

Bridal Showers

Baby Showers

Birthday Parties

Rotary Meetings

Dance Classes

Stability Ball Classes

Bible Studies

Music Lessons

Special order Baked Goods.

Gift Baskets - Party Trays.

Let us cater your special event in our second floor gallery.
Separate party menus available.