

# Breakfast

- Breakfast Pizza**.....\$5.99  
On pita bread: pizza sauce, cheddar cheese, bacon, sausage, egg 705 Calories
- Twin Pack**.....\$3.39  
Egg and cheese plus choice of one meat on a biscuit 480-670 Calories
- Oatmeal**.....\$3.19  
A warm bowl of oatmeal topped with brown sugar and cinnamon 160 Calories
- Bagel Breakfast Sandwich**.....\$4.09  
Egg & cheese | Bacon, egg, & cheese | Sausage, egg, and cheese 475-670 Cal
- Ham, Egg & Cheese Bagel**.....\$4.09  
Plain bagel, ham, egg and choice of provolone or cheddar cheese 485 Calories
- Biscuit & Sausage Gravy**
- Large - 2 Biscuits 540 Calories.....\$4.49
- Small - 1 Biscuit 270 Calories.....\$3.29
- Sausage Biscuit**.....\$2.29  
Sausage and a biscuit 400 Calories
- Breakfast Tortillas**
- Egg & cheese 600 Calories.....\$2.79
- Sausage, egg & cheese 810 Calories.....\$3.79
- Bacon, egg & cheese 705 Calories.....\$3.79
- Ham, egg & cheese 630 Calories.....\$3.99

## Bagels

- Bagel 290 Calories.....\$1.29
- Cream Cheese 100 Calories.\$0.99

# FLATBREAD PIZZA

- BBQ Chicken Pizza** 610 Calories \$5.69  
Pita bread topped with BBQ glazed chicken and mozzarella cheese
- Atomic Chicken Pizza** 650 Calories \$5.69  
A ranch dressing brushed pita bread topped with chicken and mozzarella cheese
- Pepperoni Pizza** 600 Calories \$5.69  
Marinara, mozzarella, and pepperoni on pita bread
- Classic Cheese Pizza** 540 Calories \$4.89  
Marinara and mozzarella on pita bread
- Florence Veggie Pizza** 815 Calories \$5.99  
Sun-dried tomato basil pesto, peppers, tomatoes, spinach, onions, feta, and mozzarella on pita bread



# SIGNATURE SELECTIONS

- 1. Osmosis** 700 Calories \$7.29  
Grilled chicken, bacon, pepper jack, cheddar, baby spinach, tomato, red onion, garlic aioli, and pepperoni served on a pretzel roll
- 2. Spore** 600 Calories \$7.19  
Pepperoni, marinara, mozzarella, parmesan, and bacon served on a pretzel roll
- 3. The Molecule** 490 Calories \$7.19  
Turkey, bacon, provolone, and roasted garlic aioli served on ciabatta bread
- 4. Chemical Reaction** 620 Cal \$7.19  
Turkey, ham, bacon, pepper jack, spinach, tomatoes, and ranch dressing served on a wheat tortilla
- 5. Chicken Salad** 405 Calories \$5.99  
House chicken salad served on ciabatta bread
- 6. The Element** 625 Calories \$5.69  
Red onion, spinach, tomato, lettuce, provolone, red pepper, feta, cheddar, and roasted garlic aioli served on ciabatta bread
- 7. The Catalyst** 550 Calories \$7.19  
Roast beef, provolone, red onions, tomato, and roasted garlic aioli or pesto on a pretzel roll
- 8. The Evolution** 700 Calories \$7.19  
Grilled chicken, pepperoni, roasted red pepper, red onions, provolone, and pesto on a pretzel roll
- 9. Gluten** 615 Calories \$7.19  
Ham, provolone, lettuce, tomato, red onion, and honey mustard or mayonnaise on a pretzel roll
- 10. The Fusion** 515 Calories \$7.19  
Grilled chicken, red onions, roasted peppers, provolone, lettuce, and pesto served on a wheat tortilla

**SOUP OF THE DAY.....\$2.99**

## CHOICE OF BREAD

- Ciabatta** 280 Calories
- Pretzel Roll** 200 Calories
- Bagel** 290 Calories
- Wheat Tortilla** 310 Calories

## CHOICE OF TWO MEATS

- |                                       |                                 |
|---------------------------------------|---------------------------------|
| <b>Turkey</b><br>90 Calories          | <b>Bacon</b><br>120 Calories    |
| <b>Roast Beef</b><br>75 Calories      | <b>Ham</b><br>105 Calories      |
| <b>Grilled Chicken</b><br>80 Calories | <b>Pepperoni</b><br>60 Calories |

## CHOICE OF TWO CHEESES

- Provolone** 100 Calories
- Pepper Jack** 80 Calories
- Cheddar** 115 Calories
- Feta** 75 Calories

## ANY CHOICE OF TOPPING

- |   |                              |
|---|------------------------------|
| <b>Lettuce</b><br>5 Calories              | <b>Tomato</b><br>3 Calories  |
| <b>Onion</b><br>4 Calories                | <b>Spinach</b><br>7 Calories |
| <b>Roasted Red Peppers</b><br>50 Calories |                              |

## ANY CHOICE OF SPREADS

- |  |                                  |
|--|----------------------------------|
| <b>Cream Cheese Chive</b> 100 Calories | <b>Honey Mustard</b> 15 Calories |
| <b>Dijon Mustard</b> 25 Calories       | <b>Pesto</b> 230 Calories        |
| <b>Garlic Aioli</b> 110 Calories       | <b>Mayonnaise</b> 180 Calories   |
| <b>Ranch</b> 140 Calories              |                                  |

**CREATE YOUR OWN PERIODIC TABLE SANDWICH \$8.19**

