**Panini & Chips**

**Full $5.25 ½ $3.25**

- **BBQ Chicken**
  - Crispy Chicken Tenderloins, Bbq Sauce & Mozzarella Cheese

- **Grilled Veggie**
  - Fresh Spinach, Zucchini, Yellow Squash, Mushrooms, Red & Green Peppers & Cheddar Cheese

- **Buffalo Steak**
  - Chipped Steak, Cheddar Cheese, Ranch & Buffalo Sauce

- **Parmigiana**
  - Crispy Chicken Tenderloins, Marinara & Mozzarella Cheese

- **Cordon Bleu**
  - Grilled Chicken Tenderloins, Shaved Deli Ham & Swiss Cheese

- **Buffalo Chicken**
  - Crispy Chicken Tenderloins, Buffalo Sauce & Cheddar Cheese

- **California**
  - Grilled Chicken, Bacon, Avocado, Cheddar Cheese, Mayonnaise

**Eggs & Toast**

Scrambled, Poached or Over-Easy, Up Wheat, White or Rye

- **Bacon & Eggs** $3
  2 eggs, bacon & toast

- **2 Eggs & Toast** $2
  
- **Fresh Spinach, Eggs & Toast** $3
  - Fresh steamed spinach, scrambled eggs topped with cheddar cheese

**Oatmeal**

**Strawberry Pecan Crunch** $3
- Freshly sliced strawberries and candied pecans

- **Maple Bacon** $2.5
  - Crispy bacon and maple syrup

- **Blueberry Banana Walnut** $3
  - Fresh blueberries, sliced banana and walnuts

- **Traditional** $2
  - Brown sugar & milk

- **Power Packed** $3
  - Flaxseed, Cran-Raisins, Walnuts, Blueberries

- **Chocolate Peanut Butter Banana** $3
  - Chocolate chips, peanut butter and sliced bananas

**Design A Custom Bowl** $4
- Choose up to 5 ingredients

- **Strawberries**, **Blueberries**, **Apples**, **Cran-Raisins**, **Banana**, **Coconut Flakes**

- **Almonds**, **Walnuts**, **Candied Pecans**, **Sunflower Seeds**, **Flaxseed**

- **Peanut Butter**, **Chocolate Chips**, **Maple Syrup**, **Bacon**

**Sides**

Fresh Fries $1.25
Mozzarella Sticks $3.25
Bacon Ranch Cheddar Fries $3.25
Sandwiches & Wraps
Served With Fries, Chips or Salad

BLT
-Bacon, Lettuce, Tomato & Mayonnaise $3.25

Ranch Philly
-Chipped Steak, Bacon, Ranch, Cheddar Cheese On A Grilled Brioche Roll $5

Grilled Cheese
-American, Cheddar, Swiss Or Mozzarella Cheese
Traditional $2.50
Ciabatta or Deli Rye $3.50
Add Ham, Turkey, or Bacon $1

Reuben
-Corned Beef, Sauerkraut And Melted Swiss On Grilled Marble Rye $5
*Turkey Rueben Also Available*

Chicken Ranch Panini Wrap $5
-Crispy Chicken Tenderloins, Ranch Dressing, Bacon & Cheddar Cheese

Burger
-Chargrilled Angus Beef Cooked To Perfection, Includes Lettuce & Tomato On A Toasted Roll $5
Include: Bacon or Avocado .50

Mushroom Swiss Melt
-Chargrilled Angus Beef, Sautéed Mushrooms, Grilled Onions & Swiss Cheese On Grilled Marble Rye $5

Sweet Potato Quinoa Burger
-Chargrilled Vegetable Burger, Lettuce, Tomato & Avocado On A Toasted Roll $4

The Beyond Burger
-Vegan, Soy & Gluten Free Chargrilled To Perfection, Served On A Toasted Roll. Topped With Your Choice Of Lettuce, Tomato, Onion, Cheese, Mayo $5

Spicy Buffalo Chicken Wrap
-Crispy Chicken, Buffalo Sauce, Cheddar Cheese, Lettuce, Tomato & Ranch $5

Club
-Turkey, Ham, Swiss, American Cheese, Bacon, Lettuce, Tomato, Mayonnaise $5

Philly Steak
-Chipped Steak, Red & Green Peppers, Onions, Mozzarella Cheese On A Grilled Brioche Roll $5

Gyro
-Pita Filled With Grilled Lamb, Lettuce, Tomatoes & Tzatziki Sauce $5
*Grilled Chicken Or Falafel Available*

Pasta & More

TCTC Favorites
Cauliflower Crust Pizza
-Gluten Free Crust, Olive Oil, Fresh Spinach & Mozzarella $5

Chicken Tender Basket
-Crispy Chicken Tenderloins Served With Fries, Chips Or Salad $5

Pasta & Salad
Choose Your Homemade Sauce $5

Fresh Carbonara -Creamy Sauce, Crispy Bacon, Peas, Fresh Parmigiana

Fresh Tomato Sauce -Olive Oil, Tomatoes, Garlic, Onions,

Lemon Parmigiana Sauce -Lemon Zest, Olive Oil, Garlic, Fresh Parmigiana

Broccoli Alfredo -Fresh Broccoli, Heavy Cream, Fresh Parmigiana
**Salads**

$4

Add Protein $2

Grilled Salmon, Crispy Chicken, Beyond Burger, Grilled Chicken, Sweet Potato Quinoa Burger, Lamb, Falafel, Philly Steak

<table>
<thead>
<tr>
<th>Summertime</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Fresh Crisp Romaine, Spring-mix, Pineapple, Blueberries, Cran-raisins, Strawberries, Mandarin Oranges, Feta &amp; Walnuts</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Greek</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Fresh Greens, Feta, Cucumbers, Tomatoes, Tzatziki Sauce</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Caesar</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Crisp Romaine, Croutons, Parmigiana Caesar Dressing*</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Garden</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Crisp Greens, Tomatoes, Green &amp; Red Peppers, Egg, Radish, Broccoli, Cauliflower, Black Olives, Cheddar Cheese</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Apple Pecan</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Crisp Greens, Diced Apples, Blueberries, Candied Pecans, Feta</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Asian</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Crisp Greens, Broccoli, Sliced Almonds, Chow Mein Noodles, Mandarin Oranges</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dressing</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Ranch</td>
</tr>
<tr>
<td>- Italian</td>
</tr>
<tr>
<td>- French</td>
</tr>
<tr>
<td>- Thousand Island</td>
</tr>
<tr>
<td>- Bleu Cheese</td>
</tr>
<tr>
<td>- Tzatziki</td>
</tr>
<tr>
<td>- Sweet &amp; Sour</td>
</tr>
<tr>
<td>- Balsamic Vinaigrette</td>
</tr>
<tr>
<td>- Caesar</td>
</tr>
<tr>
<td>- Oil &amp; Vinegar</td>
</tr>
<tr>
<td>- Raspberry Vinaigrette</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Soup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ask Your Server About Our Soup Du Jour</td>
</tr>
</tbody>
</table>

Cup $2.50    Bowl $3.50

Garden Salad & Soup $5.25

Soup

Ask Your Server About Our Soup Du Jour

Cup $2.50    Bowl $3.50

Garden Salad & Soup $5.25