

## 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 PeanutButter 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 Reuben 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

## TTC 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

## Summertime

-Fresh Crisp Romaine, Spring-mix, Pineapple,  
Blueberries, Cran-raisins, Strawberries,  
Mandarin Oranges, Feta & Walnuts

## Greek

-Fresh Greens, Feta,  
Cucumbers, Tomatoes, Tzatziki Sauce

## Caesar

-Crisp Romaine, Croutons, Parmigiana Caesar  
Dressing\*

## Garden

-Crisp Greens, Tomatoes, Green & Red  
Peppers, Egg, Radish, Broccoli, Cauliflower,  
Black Olives, Cheddar Cheese

## Apple Pecan

-Crisp Greens, Diced Apples, Blueberries,  
Candied Pecans, Feta

## Asian

-Crisp Greens, Broccoli, Sliced Almonds,  
Chow Mein Noodles, Mandarin Oranges

## Chef

-Crisp Salad Greens, Deli Ham, Turkey,  
Swiss & American Cheese, Egg,  
Cucumber, Tomato \$5

## Cobb

-Mixed Greens, Avocado, Tomato,  
Egg, Bleu Cheese Crumbles, Bacon,  
Grilled Chicken

## Taco

-Fresh Greens, Seasoned Beef, Red &  
Green Peppers, Tomatoes, Black  
Olives, Sour Cream, Cheddar Cheese,  
Tortilla Strips

## Dressing

Ranch  
Italian  
French  
Thousand Island  
Bleu Cheese  
Tzatziki  
Sweet & Sour  
Balsamic Vinaigrette  
Caesar  
Oil & Vinegar  
Raspberry Vinaigrette

# Soup

Ask Your Server About Our  
Soup Du Jour

Cup \$2.50

Bowl \$3.50

Garden Salad & Soup \$5.25