

Frittata	\$12
Your choice of cage-free eggs or egg white combined with baby spinach, roasted red peppers, gouda, pecorino cheese, red onion, sundried tomatoes and turkey sausage. Served with fruit.	
	<i>590 cal</i>
Bacon, Egg & Cheese Sandwich	\$11
Choice of light and fluffy cage-free eggs or egg whites with cheddar cheese on a breakfast roll. Served with fruit.	
	<i>812 cal</i>
Steel Cut Oatmeal	\$8
Made fresh oatmeal topped with fresh sliced bananas. Served with brown sugar and butter	
	<i>240 cal</i>
Bagels, Muffins & Pastries	\$3-\$5
Assorted choice of Danish, Muffins and Croissants. Ask the attendant for today's options.	
	<i>951 cal</i>
Superfood Smoothie	\$8
Acai, Bananas, and Orange Juice	
	<i>260 cal</i>
Salmon Board	\$14
Toasted bagel with thinly sliced smoked salmon, sliced hard-boiled egg, capers, red onion and cream cheese.	
	<i>500 cal</i>

KIDS menu

Scrambled eggs with choice of bacon or turkey sausage, toast, butter and jam	\$5
Cheerios with 2% milk	\$3
Yogurt	\$2

Beverages

Bean-to-Cup Coffee	\$3
Espresso or Latte	\$4
Premium Hot Teas	\$3
Fresh Orange Juice	\$4

C&K Burger	\$14
Choice of All-natural beef burger or Beyond Meat on a brioche bun with cheddar cheese, pickles, tomato, romaine, ketchup and mayo. Served with choice of side Caesar salad or baked chips. <i>640 cal (does not include side)</i>	
Chicken & Roasted Red Pepper Flatbread	\$13
Chicken, roasted red peppers, basil and mozzarella cheese on artisan flatbread. Brushed with olive oil and finished with pecorino romano cheese and basil. <i>430 cal</i>	
Baked Wings	\$12
Crispy baked wings with carrots and celery sticks. Choice of seasoned, barbeque or with buffalo sauce. <i>705 cal</i>	
Chicken Caesar Salad	\$13
Fresh cut romaine lettuce, sliced chicken breast, pecorino Romano cheese, croutons and lite Caesar dressing <i>550 cal</i>	
Margherita Fresca Flatbread	\$12
Roasted tomatoes, mozzarella cheese, and basil on artisan flatbread, finished with parmesan cheese and black pepper <i>711 cal</i>	
Baked Unfries	\$5
Crispy baked potato wedges served with ketchup <i>444 cal</i>	

KIDS menu

Grilled Cheese	\$5
Served with carrot sticks and fruit	
Flatbread Pizza	\$5
Mozzarella cheese and marinara sauce on a flatbread crust	
Turkey & Cheese Sandwich	\$5
Served with carrot sticks and fruit	

Beverages

Bottled Beers	\$3 - \$6
Wine	\$6 - \$12
Assorted Soft Drinks	\$4
Bottled Water	\$4