

### **BREAKFAST**

<b>36</b>	<b>Lakefront Ciabatta</b> Ciabatta Roll, Eggs, Cheddar Cheese, Choice of Meat: Bacon or Pork Sausage	\$4.99
	<b>Hallelujah Veggie Wrap</b> Wheat Tortilla, Eggs, Provolone Cheese, Grilled Zucchini, Roasted Red Peppers	\$5.29
	Pride Protein Wrap Wheat Tortilla, Eggs, Roast Beef, Roasted Red Peppers, Cheddar Cheese	\$5.29
	Holy Oats Steel Cut Oats, Oat Milk, Blueberries, Bananas, Honey, Almonds	\$3.99

FLATBREADS	
O.S.B. Flatbread  Provolone Cheese, Tomatoes, Red Onions, Basil Pesto, Balsamic Glaze	\$6.79
<b>The Grotto</b> Roast Beef, Cheddar Cheese, Red Onions, Roasted Red Peppers, Basil Pesto	\$8.99
<b>Vegan Delight</b> Grilled Zucchini, Roasted Red Peppers, Artichoke, Tomato, Balsamic Glaze	\$8.29
<b>Traditions Turkey</b> Turkey Breast, Provolone Cheese, Pineapple, Jerk Mayo	\$8.59

# **PANINIS & WRAPS**

	<b>Sisters' Panini</b> Fresh Tomatoes, Provolone Cheese, Red Onions, Basil Pesto	\$4.99
	<b>Panini 36</b> Virginia Ham, Cheddar Cheese, Red Onions, Tomatoes, Whole Grain Mustard	\$6.59
36	<b>Jovita's Salmon Panini</b> Grilled Salmon, Spicy Mayo, Tomatoes, Red Onions, Spinach, Provolone Cheese	\$9.99
	<b>Grove Gobbler Wrap</b> Turkey Breast, Provolone Cheese, Lettuce, Tomato, Avocado, Honey Mustard	\$6.99
<b>36</b>	<b>Abbey's Veggie Panini</b> Grilled Zucchini, Roasted Red Peppers, Artichokes, Pesto Mayo, Provolone Cheese	\$6.29
	<b>Abbot's Panini</b> Roast Beef, Roasted Red Peppers, Red Onions, Spicy Mayo, Provolone Cheese	\$7.99
	<b>St. Hildegard's Chicken Wrap</b> Chicken Breast, Dried Cranberries, Walnuts, Celery, Lettuce, Tomato, Creamy Dressing	\$6.99
	Gluten-free is available upon request.	

# **HAND-HELDS**

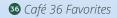
<b>Turkey Ciabatta</b> Turkey Breast, Tomato, Greens	\$5.99
<b>Power Packs</b> Assorted Meats, Cheeses, and Nuts	\$4.29
<b>Ham Ciabatta</b> Virginia Ham, Cheddar, Greens, Tomato	\$5.99
<b>Fruit and Cheese</b> Cottage Cheese with Seasonal Fruits	\$3.99

#### SALAD SHAKERS

36	<b>Urban Protein</b> Baby Chard, Wild Arugula, Baby Kale, Dried Cranberries, Walnuts, Quinoa, Grilled Chicken	\$6.49
	<b>West-Side Chicken</b> Greens, Roasted Corn, Peppers, Onions, Grilled Chicken, Tomato, Cucumber	\$6.49
	<b>Meaty Greens</b> Greens, Virginia Ham, Turkey Breast, Cheddar Cheese, Boiled Eggs	\$6.99
36	Chicken Cobb Greens, Grilled Chicken, Bleu Cheese Crumbles, Bacon, Cucumber, Tomato, Boiled Eggs	\$6.49
	Vegan Quinoa Baby Greens, Quinoa, Grilled Zucchini, Roasted Red Peppers, Artichoke Hearts	\$5.99
	<b>Grilled Salmon</b> Spinach, Grilled Salmon, Bacon, Tomato, Cucumber, Artichoke Hearts	\$7.99
	BEVERAGES	
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	<b>20 oz. Coke Products</b> Coke, Sprite, Diet Coke, Smart Water	\$2.19
	<b>Core Power Protein Shakes</b> Strawberry, Vanilla, Chocolate	\$3.29
	Almond Milk/Soy Milk Chocolate or Vanilla	\$1.99
	Fresh-Squeezed Orange Juice	\$3.49

**Shaken Lemonades** 

Add Strawberries, Peaches, or Blueberries for 99¢



\$3.49



# **SMOOTHIES**

All smoothies are lightly sweetened and made with low-fat yogurt unless an alternate dairy is requested.

36	<b>Leo Sunrise</b> Strawberry, Mango, Pineapple	\$5.49
	<b>Peach Be With You</b> Peach, Pineapple, Blueberries	\$5.49
	<b>Wellness Wonder</b> Banana, Mango, Peach	\$5.49
	<b>Monastery Mocha-Nana</b> Peanut Butter, Chocolate, Banana	\$5.99
	<b>Berry-Good</b> Blueberry, Strawberry	\$4.89
<b>3</b> 6	<b>Green &amp; Gold</b> Pineapple, Spinach, Avocado	\$5.49
	Build-Your-Own Smoothie:	\$3.29

Fruits/Vegetables: Includes one. Each additional item 99¢ Add-ins: Peanut Butter or Chocolate 79¢, Chia or Flax Seeds \$1.49 | Substitutes: Soy or Oat Milk 99¢

Strawberry, Peach, Blueberry, Banana, Mango,

Pineapple, Spinach, Avocado