



# Bagels

<b>Plain</b>	<b>\$1.29</b>
<b>Whole Wheat</b>	
<b>Cinnamon Raisin</b>	
<b>Everything</b>	
<b>With cream cheese</b>	<b>\$1.99</b>



# Breakfast

<b>Huevos Wrap</b>		<b>\$3.69</b>
Scrambled eggs, pepper jack cheese, black beans, salsa and red onions		
<b>Five Pointer Wrap</b>		<b>\$3.69</b>
Scrambled eggs, cheese, applewood smoked bacon, green peppers and diced tomatoes		
<b>Sun's Up Wrap</b>		<b>\$3.69</b>
Scrambled eggs, provolone cheese, ham, red onions and diced tomatoes		
<b>Sausage &amp; Cheddar Wrap</b>		<b>\$3.69</b>
Sausage, scrambled eggs and cheddar cheese		
<b>Just Fresh Scrambler</b>		<b>\$3.69</b>
Scrambled eggs PLUS your choice of bread, cheese and breakfast meat		
<b>Oatmeal</b>	<b>Cup \$1.49</b>	<b>Bowl \$1.99</b>
Freshly cooked with brown sugar and raisins		
<b>Old Fashioned Grits</b>	<b>Cup \$1.49</b>	<b>Bowl \$1.99</b>
Add cheddar \$.79		



# Coffee & Espresso

<b>Seattle's Best Coffee</b> House, Decaf, Hazelnut or Vanilla	<b>\$1.39</b>	<b>\$1.89</b>
<b>Caffe Latte</b> Espresso with steamed milk	<b>\$2.59</b>	<b>\$2.99</b>
<b>Cappucino</b> Espresso, steamed milk and foamed milk	<b>\$2.59</b>	<b>\$2.99</b>
<b>Caffe Mocha</b> Espresso, steamed milk and chocolate	<b>\$2.59</b>	<b>\$2.99</b>
<b>Caramel Macchiato</b> Espresso, foamed milk, caramel and vanilla	<b>\$2.59</b>	<b>\$2.99</b>
<b>Espresso</b> Regular or Decaf    Extra shot \$.99	<b>\$1.29</b>	<b>\$1.99</b>
<b>Shot of Syrup</b> Caramel, vanilla or sugar-free vanilla	<b>\$.79</b>	
<b>Tazo Chai Tea Latte</b> Black Tea, cinnamon, cloves and vanilla	<b>\$2.59</b>	<b>\$2.99</b>
<b>Tazo Hot Tea</b> Your choice of flavor	<b>\$1.89</b>	

**Available with whole, skim or soy milk**



# FRESH FRUIT SMOOTHIES



**Strawberry  
Banana Bomb**

**Berry Berry Blast**

**Pineapple  
Orange Orange**

**\$2.49**



# Fresh Tossed Greens

## Raspberry Fields

**\$6.29**

Mixed field greens, crumbled blue cheese, walnuts, carrots and raisins with fat-free raspberry vinaigrette dressing

Add chicken \$2.00

## Blue Cobb

**\$7.79**

Mixed field greens, fresh roasted chicken breast, crumbled blue cheese, tomatoes, cucumbers and applewood smoked bacon with blue cheese dressing

Add Avocado \$.79

## Mandarin

**\$6.59**

Mixed field greens, mandarin oranges, toasted almonds, roasted red peppers, red onions and Chinese noodles with sesame ginger dressing

Add Chicken \$2.00

## Mozzabella

**\$7.89**

Mixed field greens, fresh mozzarella cheese, roasted portabella mushrooms, tomatoes, roasted red peppers and toasted pecans with balsamic vinaigrette dressing

Add chicken \$2.00

## Spinach

**\$5.99**

Baby Spinach, mushrooms, hard-boiled egg, applewood smoked bacon and sunflower seeds with house vinaigrette

Add Chicken \$2.00

## Classic Caesar

**\$5.99**

Crisp romaine lettuce topped with parmesan and homemade croutons tossed with Caesar dressing

Add Chicken \$2.00



# Create Your Own

**Choose up to 3 toppings**  
\$.79 for each additional topping

**\$5.99**

Applewood Smoked Bacon  
Avocado  
Bell Peppers  
Blue Cheese  
Broccoli  
Carrots  
Cheddar-Jack Cheese  
Chinese Noodles  
Croutons  
Cucumbers  
Eggs

Feta Cheese  
Mandarin Oranges  
Mushrooms  
Parmesan Cheese  
Raisins  
Red Onions  
Roasted Red Peppers  
Sunflower Seeds  
Toasted Almonds  
Toasted Pecans  
Tomatoes  
Walnuts

**Premium Toppings:**

Fresh Roasted Chicken Breast  
Dijon-Dill Chicken Salad  
Tuna Salad

**\$2.00**

Fresh Mozzarella Cheese  
Portabella Mushrooms  
Turkey, Ham or Roast Beef

**Just Fresh Salad Dressings:**

Balsamic Vinaigrette  
Fat-Free Raspberry Vinaigrette  
House Vinaigrette  
Sesame Ginger Vinaigrette

Caesar  
Lite Ranch  
Blue Cheese  
\$.50 for each additional



# Wrap It Up

## **Bahama Mama**

**\$6.59**

Fresh roasted chicken breast with feta cheese, roasted red and green peppers, lettuce and island jerk sauce on a tomato basil tortilla

## **California Dreamer**

**\$6.59**

Lean roast beef with zesty Just Fresh artichoke parmesan spread, lettuce and tomatoes wrapped in a spinach & herb tortilla

## **Little Red Rooster**

**\$6.59**

Fresh roasted chicken breast, ham, applewood smoked bacon, provolone cheese, lettuce, tomatoes and honey mustard wrapped in a tomato basil tortilla

## **Bellissimo**

**\$6.59**

Roasted Portobella mushrooms, fresh mozzarella cheese, roasted red peppers and tomatoes with pesto in a whole wheat tortilla

## **Fajita Beef or Chicken**

**\$6.59**

Lean roast beef or fresh roasted chicken breast, cheddar-jack cheese blend, peppers, onions, mushrooms and horseradish sauce in a flour tortilla

## **The Club**

**\$6.59**

Turkey, Ham and applewood smoked bacon, lettuce, tomatoes and mayo wrapped in a flour tortilla



# Toasted Sandwiches

## **Franita**

Turkey with zesty Just Fresh artichoke parmesan spread, lettuce and tomatoes on a French roll

**\$6.29**

## **Mexicali**

Fresh roasted chicken breast, pepper-jack cheese, lettuce, tomato with chipotle mayo on a grain roll

**\$6.59**

## **Godfather**

Ham, salami, pepperoni, provolone cheese, lettuce, tomatoes, hot peppers and house vinaigrette on Ciabatta

**\$6.99**

## **Just Fresh Steak and Cheese**

Lean roast beef with roasted green peppers, onions and mushrooms, provolone cheese and horseradish sauce on a French roll

**\$6.99**

## **Turkey in the Straw**

Turkey with vinegar slaw, melted Swiss cheese and honey mustard on wheat bread

**\$6.29**

## **Chicken Caprese**

Chicken, tomatoes, fresh mozzarella, pesto and balsamic vinaigrette on Ciabatta

**\$6.99**

## **Charlie's Tuna Melt**

Homemade tuna salad with melted swiss, tomatoes and roasted red onions on rye

**\$5.99**

## **Just Fresh Spicy Pimiento Cheese**

A bit of a kick on cranberry-raisin-walnut bread

**\$6.29**



# From The Deli

## **Dijon Dill Chicken Salad** **\$6.29**

Our homemade chicken salad with lettuce and tomatoes on wheat bread

## **Just Fresh Tuna Salad** **\$6.29**

Our homemade tuna salad with lettuce and tomatoes on a French roll

## **Oven Roasted Turkey** **\$6.29**

Turkey with creamy dill spread, lettuce, tomatoes and cucumbers on wheat bread

## **Ham and Swiss** **\$6.29**

Smoked ham with Swiss cheese, honey mustard, lettuce and tomatoes on rye bread

## **Egg Salad** **\$6.29**

A Just Fresh classic recipe on rye

## **Very Veggie** **\$6.29**

Cucumbers, carrots, green peppers, avocado, lettuce, tomatoes, provolone cheese and creamy dill spread on a wheat tortilla



# Combos & Soups

**Half Sandwich and Cup of Soup** **\$6.59**

Choose a cup of soup and any half sandwich (No wraps please!)

**Half Sandwich and Half Salad**

Half garden or Caesar salad and any half sandwich (No wraps please!)

**Half Salad and Cup of Soup**

Half garden or Caesar salad and a cup of soup

## Daily Soups

**Cup \$3.29**

**Bowl \$3.99**

**Broccoli & Cheese**

**Chicken Noodle**

**Garden Vegetable**

**Turkey Chili**

**Seasonal Selection**

## Mac & Cheese

**Cup \$3.29**

**Bowl \$3.99**