



BREAKFAST

- BREAKFAST BURRITO** 

..... 8.49

Polidori Chorizo, scrambled eggs, homefries, black beans, cilantro, cheddar cheese & salsa. *\*Add Avocado +.89, Sour Cream +.79*
- FRENCH TOAST BREAKFAST SANDWICH** 

..... 9.99

Challah French Toast, bacon, scrambled eggs, sharp cheddar & bacon infused Vermont 100% pure maple syrup.
- VEGGIE BREAKFAST BURRITO**

..... 8.49

Spinach, scrambled eggs, homefries, black beans, cilantro, cheddar cheese & salsa. *\*Add Avocado +.89, Sour Cream +.79*
- SCOTTISH SMOKED SALMON** 

..... 13.99

Lemon-Dill cream cheese, capers, tomatoes, cucumbers, pickled onions & lemon on choice of Bagel or Marble Rye. *Local product!*
- EGG & CHEESE ON A CIABATTA ROLL**

..... 5.99

Egg & Mozzarella Cheese. *\*Add Extra Egg +.89*
- EGG, CHEESE & MEAT ON A CIABATTA ROLL**

..... 6.49

Mozzarella Cheese, Choice of Ham, Bacon, Sausage or Turkey. *\*Add Extra Egg +.89*
- PEPPERONATA, EGG & CHEESE ON FOCCACIA**

..... 6.99

Egg, Mozzarella Cheese, Sautéed peppers & onions. *\*Add Extra Egg +.89*
- STEAK, EGG & CHEESE BISCUIT** 

..... 8.99

Egg, Shaved Tri-Tip, Pepperjack, Chipotle Mayo. *\*Add RSTD Jalapeno, Avocado, Extra Egg +.89 each*
- FULL MONTY**

..... 8.99

2 eggs, homefries & choice of ham, bacon, sausage, white or wheat toast. *\*Add Extra Egg +.89*
- CHALLAH FRENCH TOAST**

..... 8.99

Choice of ham, bacon, or sausage, fruit & Vermont 100% pure maple syrup. *\*Add Two Eggs +1.89*

ARTISAN BAGELS

- VEGGIE DELIGHT** 

..... 5.99

Parmesan Herb Bagel with hummus, cucumbers, tomatoes & arugula.
- THE ELVIS** 

..... 5.99

Snicker-Bagel with peanut butter, banana, bacon.
- BURN YOU TWICE** 

..... 5.99

Jalapeno Cheddar Bagel with SW jalapeno CC, fresh jalapenos, avocado, tomato.
- HELLUVA GOOD BAGEL** 

..... 5.99

Everything Bagel with bacon horseradish CC, bacon, tomato, pickled onion & sprouts.

BAGELS & SPREADS

- |              |                    |                   |
|--------------|--------------------|-------------------|
| ■ Plain      | ■ Garlic           | ■ Multigrain      |
| ■ Everything | ■ Salt             | ■ Snicker-bagel   |
| ■ Poppy      | ■ Parmesan Herb    | ■ Blueberry       |
| ■ Sesame     | ■ Jalapeno Cheddar | ■ Cranberry       |
| ■ Onion      | ■ Veggie Swiss     | ■ Cinnamon Raisin |

SIGNATURE SPREADS

- |               |                |                      |
|---------------|----------------|----------------------|
| ■ Garlic Herb | ■ Lemon-Dill   | ■ Bacon Horseradish  |
| ■ Chive       | ■ Maple Walnut | ■ Smoked Salmon CC   |
| ■ Hummus      | ■ Veggie       | ■ Southwest Jalapeno |

CUSTOM TOPPINGS

- |             |           |                   |
|-------------|-----------|-------------------|
| ■ Avocado   | ■ Lettuce | ■ Fresh Jalapenos |
| ■ Arugula   | ■ Tomato  | ■ Spinach         |
| ■ Bacon     | ■ Onions  | ■ Melted Cheese   |
| ■ Cucumbers | ■ Sprouts | ■ Salt N Pepper   |

SOUPS & SALADS

- MIXED GREEN SALAD**

..... 7.99

Grape tomatoes, carrots, cucumbers, red onion, sprouts. *\*Add Redbird chicken, chicken salad or tuna salad +3.99*
- CAESAR SALAD**

..... 7.99

Romaine, croutons, parmesan & house-made Caesar dressing. *\*Add Redbird chicken, chicken salad or tuna salad +3.99*

- COBB SALAD**

..... 12.99

Romaine & red leaf lettuce, avocado, bacon, carrots, cucumbers, tomato, Redbird chicken, hard cooked eggs with blue cheese or ranch.

- GREEK SALAD**

..... 11.99

Romaine lettuce, kalamata olives, oven dried tomatoes, pepperoncini, cucumbers, red onion & feta cheese. *\*Add Redbird chicken or tuna salad +3.99*

- HOUSEMADE SOUP**

..... SM: 8oz 4.99 - LG: 12oz 5.99

ADD TO YOUR SALAD

- |                                |                       |
|--------------------------------|-----------------------|
| ■ Redbird Chicken Breast +3.99 | ■ Chicken Salad +3.99 |
| ■ Tuna Salad +3.99             | ■ Smoked Salmon +4.99 |

HOUSE MADE DRESSINGS

- |                        |                          |
|------------------------|--------------------------|
| ■ Balsamic Vinaigrette | ■ Greek Herb Vinaigrette |
| ■ Blue Cheese          | ■ Ranch                  |
| ■ Caesar               | ■ Russian                |



= Avon Bakery Signature Item! If you see this logo we highly recommend trying it!

Eggs may be served undercooked based on your specification. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.



COLD SANDWICHES

- ITALIAN**  ..... 12.99  
Genoa Salami, natural ham, capocollo, provolone, lettuce, tomato, onions, oil & vinegar, salt, pepper & oregano on a Italian baguette. *\*Add Hot Cherry Peppers + .49*
- SMOKED TURKEY** ..... 12.99  
Muenster cheese, hummus, lettuce, tomato, sprouts & onions on a Italian baguette.
- HOUSE ROAST BEEF** ..... 13.79  
White cheddar, fresh horseradish-cream, lettuce, tomato, & pickled onions on a Italian baguette.
- TURKEY CLUB**  ..... 12.99  
Thick-cut NATURAL bacon, swiss, mayo, lettuce, tomato on a Ciabatta Roll. *\*Add Avocado + .89, MAKE IT SPICY: Pepperjack & Chipotle Mayo +.49, RSTD Jalapeno + .89*
- GRILLED VEGGIE** ..... 11.99  
Eggplant, zucchini, roasted peppers, artichokes, grilled mushrooms, grilled onions, blistered tomatoes and sprouts with hummus on a Italian baguette.
- TRIPLE DECKER BLT** ..... 8.99  
Three pieces of toasted Rocky MTN Sourdough, thick-cut NATURAL bacon, mayo, red leaf lettuce & tomato.  
*\*Add Avocado + .89, MAKE IT SPICY: Chipotle Mayo +.49, RSTD Jalapeno + .89*
- ALBACORE TUNA SALAD** ..... 12.99  
Mayo, celery, onions, capers, lemon, lettuce, tomato, sprouts & onions on a Ciabatta roll.
- CHICKEN SALAD**  ..... 12.99  
Antibiotic-FREE Roast Chicken, mayo, celery, onions, walnuts, golden raisins, fresh thyme, lettuce, tomato, sprouts & onions on multigrain.

WRAPS

- ABD SPICY TURKEY WRAP**  ..... 12.99  
Chipotle Mayo, pepperjack cheese, lettuce, tomato, onions.
- GRILLED CHICKEN CAESAR WRAP** ..... 12.99  
Herb marinated Redbird chicken, Caesar dressing, croutons, parmesan cheese, romaine lettuce.
- BUFFALO CHICKEN WRAP** ..... 12.99  
Breaded Redbird chicken, romaine lettuce, blue cheese dressing with carrot & celery sticks.
- VEGGIE WRAP** ..... 11.99  
Grilled eggplant, zucchini, artichokes, roasted peppers, grilled mushrooms & onions, blistered tomatoes, sprouts & hummus.
- SPICY CHICKEN WRAP**  ..... 12.99  
Herb Marinated Redbird Chicken, chipotle Mayo, pepperjack cheese, lettuce, tomato, onions. *\*Add Avocado or RSTD Jalapeno + .89*

HOT SANDWICHES

- SWEET SAUSAGE & PEPPERS**  ..... 11.99  
Polidori sweet sausage, sautéed peppers & onions, tomato basil sauce, parmesan & melted mozzarella on a baguette.
- GRANDMA VERDIRAME'S HOMEMADE MEATBALLS**  ..... 12.99  
Tomato basil sauce & mozzarella on a baguette.
- ABD CHICKEN CLUB**  ..... 12.99  
Fresh herb marinated Redbird chicken breast, bacon, cheddar, mayo, lettuce, tomato on foccacia. *\*Add Avocado + .89, MAKE IT SPICY: Pepperjack & Chipotle Mayo +.49, RSTD Jalapeno + .89*
- CHICKEN PARMESAN** ..... 12.99  
Breaded Redbird chicken, tomato basil sauce, mozzarella & parmesan on a baguette.
- BUFFALO CHICKEN** ..... 12.99  
Redbird chicken, red leaf lettuce, blue cheese dressing with carrot & celery sticks, on ciabatta.
- HALF POUND REUBEN**  ..... 15.65  
Custom meats corned beef, custom meats pastrami or roast turkey, swiss, coleslaw or sauerkraut, russian dressing or grainy mustard on marble rye.
- THE POUNDER RUEBEN** ..... 20.65  
*UPGRADE TO ONE POUND OF MEAT (combos encouraged) & 3 slices of marble rye.*
- EGGPLANT PARMESAN** ..... 11.99  
Breaded eggplant, tomato basil sauce, mozzarella & parmesan on a baguette.
- CHEESESTEAK** ..... 13.79  
Shaved Tri-Tip Beef or Redbird chicken, sautéed peppers + onions, melted provolone on a toasted baguette.

- ABD STEAK BOMB** ..... 14.79  
Sautéed peppers + onions, mushrooms, hot cherry peppers, tomato basil sauce & melted provolone on a baguette.

KIDS

- Kids Meals** ..... 8.99  
Include a fountain drink, brownie and carrot & celery sticks.

- |               |                   |                     |
|---------------|-------------------|---------------------|
| ▪ Pizza Bread | ▪ Turkey & Cheese | ▪ Mac n Cheese      |
| ▪ Hot Dog     | ▪ Ham & Cheese    | ▪ Grilled Cheese    |
| ▪ Pizza Bagel | ▪ PB & J          | ▪ Cheese Quesadilla |



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