

breakfast

ucbc breakfast platter 5 person minimum \$10.95 per person Muffins, croissants, pastries and our house baked bagels. Coffee, assorted juices and fresh fruit salad. Freshly whipped cream cheese, butter and jelly.

smoked salmon platter 5 person minimum \$12.95 per person Nova Scotia smoked salmon, assortment of bagels, whipped cream cheese, tomato, Bermuda onion and capers.

individual yogurt parfait \$4.95 per person Nonfat Greek yogurt, seasonal berries, grapes and granola

al a carte

Whole Fruit \$1.95

Individual Greek Yogurt \$2.25 Fruit Salad Cups \$4.00 Granola Bars \$2.50

Juice \$2.75

Bottled Water \$2.25 Premium Alkaline water \$3.00

cream cheese flavors (available in light cream cheese)

Plain, Chive, Vegetable, Jalapeno, Sun Dried Tomato, Walnut

Raisin and Lox (additional charge)

house baked bagels

\$1.40 each • \$8.20 half a dozen • \$15.99 dozen

Plain, Sesame, Poppyseed, Everything, Onion, Salt, Pumpernickel, Multigrain, Honey Wheat, Egg, English Muffin, Cinnamon Raisin, Cinnamon Sugar, Rainbow, Whole Wheat Everything, Whole Wheat Sesame, Mini Bagels, Sunflower seed,

custom color **bagels!** special order your color today!

sandwiches

the NC Rams \$10.25

Norwegian smoked salmon, cream cheese, tomato, Bermuda onion & capers

turkey avocado \$7.99

Vermont cheddar, tomato & mayonnaise

turkey arugula \$7.99

Bacon, tomato & lemon mayonnaise

smoked turkey \$7.99

Cranberry jalapeno chutney, lettuce & tomato

lemon basil chicken salad \$7.99

Lettuce & tomato

curry chicken salad \$7.99li

Lettuce & tomato

albacore tuna salad \$7.99

Lettuce & tomato

healthy albacore tuna \$7.99

Carrots, celery, parsley & lemon vinaigrette

roasted seasonal vegetable \$7.99

Goat cheese, sherry vinegar reduction

crunchy veggie \$7.05

Vermont cheddar, cucumber, avocado, tomato, sprouts & Tzatziki sauce

hummus pita \$7.05

Cucumbers, roasted red peppers, tomato & sprouts

hell fire chicken* \$7.99

Breaded cutlet, Bermuda onion, lettuce, tomato & Hell re sauce

ucbc club \$7.99

Turkey, bacon, Swiss, lettuce, tomato & Russian dressing

*spicy hot

beach bum \$7.99

Turkey, bacon, choice of cheese, Bermuda onion, lettuce & tomato

blt \$7.99

Bacon, lettuce, tomato & mayonnaise

hot Sandwiches

ham cheddar & apple melt \$7.99

Dijon mustard & mayonnaise

muenster melt \$7.99

Bacon and tomato

albacore tuna melt \$7.99

Choice of cheese and tomato

salads

\$8 Romaine, baby spinach or baby arugula

(up to 4 toppings, extra toppings \$.60)

toppings

Grilled Chicken, Egg,

Bacon, Tomatoes, Cucumbers, Corn, Cherry Peppers, Cranberries, Walnuts, Pecans, Feta, Crumbled Bleu Cheese, Parmesan, Shredded Yellow Cheddar, Bermuda Onion, Carrots, Sprouts, Chic Peas, Black Beans, Bell Peppers, Roasted Red Peppers, Avocado

dressings

Roasted Shallot Vinaigrette*, Sweet Chili Vinaigrette*, Sesame Ginger*, Ranch, Tuscan Caesar, Lemon Pear Vinaigrette, Blue Cheese

*Our house made dressings

beverages

We carry a variety of Coke, Snapple, Nantucket Nectars, Vitamin Water, Gatorade, Poland Spring Sparkling, Tropicana, Inko's and Premium Bottled Water

desserts (priced individually)

Brownies, Cookies, Rice Krispy Treats and other freshly baked goods