

Breakfast

→ Breakfast ends daily at 10:30 AM

Breakfast Sandwiches \$4.99

choice of whole wheat toast, golden challah toast, English muffin, or bagel

- Applewood bacon, egg, & cheese
- Sausage, egg, & cheese
- Virginia Ham, egg, & Cheese
- Two eggs & cheese

Bagels w/ Butter or Cream Cheese \$2.50

Fresh Fruit Cup \$3.99

Individual Greek Yogurt \$2.00

Breakfast Burritos \$5.75

organic cheddar wrap filled with scrambled eggs, Applewood bacon, sausage, roasted red peppers, and shredded cheddar jack served with house salsa

Silver Spoon Breakfast Combo \$5.50

two eggs*, three slices Applewood bacon, one slice toast (whole wheat or golden challah toast) with butter

Omelets \$5.75

served with whole wheat toast or golden challah toast

- Southwestern Omelet Virginia ham, peppers, avocado, and shredded cheddar jack
- Jalapeno Sausage Omelet sausage, peppers, jalapeno, and shredded cheddar jack
- BGT Applewood bacon, goat cheese, and roma tomato
- Cheesy shredded cheddar jack

Salads

→ Add ABF Grilled Chicken, pole caught Tuna Salad, or Hawaiian Chicken Salad to any salad for \$1.99

Caesar Salad \$6.49

organic spring mix lettuce, grape tomatoes, red onions, shredded Parmesan cheese, and house croutons with classic Caesar dressing

Cali Cobb \$6.49

organic spring mix lettuce, grape tomatoes, cucumbers, Applewood bacon, chevre, hard boiled egg, corn, and avocado with Italian vinaigrette

Chopped Salad \$6.49

organic spring mix lettuce, grape tomatoes, cucumbers, Applewood bacon, chevre, and dried cranberries with balsamic vinaigrette

Garden Salad \$6.49

organic spring mix lettuce, grape tomatoes, cucumbers, bell peppers, shredded carrots, and sliced radish with Italian vinaigrette

Greek Salad \$6.49

organic spring mix lettuce, grape tomatoes, cucumbers, kalamata olives, red onions, feta, and pepperoncini with Greek feta vinaigrette

House Salad \$6.49

organic spring mix lettuce, grape tomatoes, cucumbers, bell peppers, dried cranberries, and glazed walnuts with cranberry citrus vinaigrette

Fruity Nutty Salad \$6.49

organic spring mix lettuce, seasonal fresh fruit, dried cranberries, and glazed walnuts with balsamic vinaigrette

Japanese Niwa Salad \$6.49

organic spring mix lettuce, grape tomatoes, cucumbers, bell peppers, shredded carrots, sliced radish, and crispy strips with carrot ginger dressing

Southwestern Salad \$6.49

organic spring mix lettuce, grape tomatoes, cucumbers, bell peppers, avocado, shredded cheddar jack, corn, and tortilla strips with one ranch dressing and one house salsa

From The Grill

Add side of beer battered fries for \$1.50 or side of house chips for \$1.00

Burgers*

Classic – certified Angus beef, green leaf lettuce, roma tomatoes, and light mayo on brioche bun

Cheeseburger – certified Angus beef, American cheese, green leaf lettuce, roma tomatoes, and light mayo on brioche bun Bacon Cheeseburger – certified Angus beef, Applewood smoked bacon, American cheese, green leaf lettuce, roma tomatoes, and light mayo on a brioche bun

House Burger – certified Angus beef, Applewood smoked bacon, fried egg, American cheese, green leaf lettuce, roma tomatoes, and garlic aioli on a brioche bun

*This item may be served undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

Size	Classic	Cheeseburger	Bacon Cheeseburger	House Burger
Double (6 oz)	\$6.50	\$6.99	\$7.50	\$8.00
Triple (9 oz)	\$7.50	\$7.99	\$8.50	\$9.00

Philly Sub \$7.50

Certified Angus sirloin, provolone, peppers, onions, green leaf lettuce, roma tomatoes, and light mayo on a hoagie roll

Grilled Cheese \$5.50

provolone and cheddar on French white bread with mayonnaise

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Chicken Bacon Ranch \$7.50

all natural ABF grilled chicken, Applewood bacon, Havarti, green leaf lettuce, roma tomatoes, and ranch on a hoagie roll

Chicken Pesto \$7.50

all natural ABF grilled chicken, provolone, roasted peppers, green leaf lettuce, and pesto aioli on tomato rosemary bread

Hawaiian Chicken Salad \$7.50

all natural ABF chicken with shredded coconut, pineapple, celery, and light mayo with green leaf lettuce on brioche roll

Turkey Bacon Avocado \$7.50

pan roasted turkey breast, Applewood bacon, avocado, green leaf lettuce, and dijonaise on ciabatta

Turkey & Havarti \$7.25

pan roasted turkey breast, havarti, green leaf lettuce, roma tomatoes, and dijonaise on sliced wheat

BLT \$6.25

Applewood bacon, green leaf lettuce, roma tomatoes, and garlic aioli on sliced white

House Club \$7.50

pan roasted turkey breast, Virginia ham, Applewood bacon, provolone, sharp cheddar, green leaf lettuce, roma tomatoes, and garlic aioli on brioche roll

Italian Hoagie \$7.50

spicy capicola ham, mortadella, salami, provolone, green leaf lettuce, roma tomatoes, and red pepper relish vinaigrette on a hoagie roll

Virginia Ham & Cheddar \$7.25

all natural Virginia ham, sharp cheddar, green leaf lettuce, roma tomatoes, and garlic aioli on pretzel roll

Roast Beef & Horseradish \$7.50

house sirloin roast, sharp cheddar, roma tomatoes, green leaf lettuce, and countryside mustard on tomato rosemary roll

Roast Beef & Havarti \$7.50

house sirloin roast, havarti, green leaf lettuce, roma tomatoes, and dijionaise on

Tuna Salad \$7.50

pole caught tuna, red onions, celery, light mayo, and Dijon mustard on sliced white

Caprese \$7.25

fresh mozzarella, kalamata olives, roma tomatoes, green leaf lettuce, and pesto aioli on ciabatta

Veggie \$6.99

Add side of beer battered fries for \$1.50 or side of house chips for \$1.00

roma tomatoes, squash, avocado, sharp cheddar, hard boiled egg, green leaf lettuce, and garlic aioli on sliced wheat

Wraps

Chicken Caesar Wrap \$7.50

all natural ABF grilled chicken, shredded parmesan, red onion, roma tomatoes, green leaf lettuce, and classic Caesar dressing in an organic wheat wrap

Cran-Turkey Wrap \$7.50

pan roasted turkey breast, provolone, green leaf lettuce, and house cranberry compote in an organic spinach wrap

Greek Wrap \$7.50

all natural ABF grilled chicken, kalamata olives, feta, roma tomatoes, green leaf lettuce, and Greek vinaigrette in an organic spinach wrap

Italian Wrap \$7.50

spicy capicola ham, mortadella, genoa salami, provolone, roma tomatoes, green leaf lettuce, and a red pepper relish vinaigrette in an organic wheat wrap

Southwest Turkey Wrap \$7.50

pan roasted turkey breast, pepperjack, avocado, tortilla strips, and house salsa in an organic cheddar wrap

Spicy, Crispy, Chicken Wrap \$7.50

all natural and antibiotic free crispy chicken, pepper jack, roma tomatoes, green leaf lettuce, and sriracha sauce in an organic cheddar wrap

Spicy Tuna Wrap \$7.50

pole caught tuna, red onions, celery, light mayo, djion mustard, pepper jack, and green leaf lettuce in an organic cheddar

Roast Beef & Pepper Jack Wrap \$7.50

house sirloin roast, pepper jack, roma tomatoes, green leaf lettuce, and countryside mustard in an organic cheddar wrap

Vegan Wrap \$7.50

seasonal squash, bell peppers, avocado, roma tomatoes, green leaf lettuce, and countryside mustard in an organic wheat wrap

Each day we have a hot food special, burger special, sandwich special, and soup special. Send us an email to receive the daily specials weekly!

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HOURS OF OPERATION: 8 AM - 2 PM **Monday through Friday** Every other Friday Off

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