

Teasers & PLEASERS

*ITALIAN NACHOS

Lightly fried chips, Italian sausage, provolone, mozzarella, Kalamata olives, tomatoes, pepperoncini, scallions and Asiago cheese sauce.

*MOZZARELLA CHEESE STICKS (V)

Five cheese sticks, fried golden brown, served with our homemade tomato sauce.

*FRIED MUSHROOMS (V)

Fresh hand-breaded, golden-fried tender mushrooms. Served with ranch dressing.

*LOADED POTATO SKINS (GF)

Idaho potato skins fully-loaded with lots of melted Wisconsin cheddar cheese, crispy bacon, chopped tomato and green onions. Served with sour cream.

*HAND-BREADED ONION RINGS (V)

Golden brown and served with honey mustard sauce.

*SOUTHWESTERN CHICKEN QUESADILLA

Sliced all natural char-grilled chicken breast, shredded cheddar and mozzarella cheese, smoked corn and black bean relish in a grilled flour tortilla. Served with shaved lettuce, tomatoes, sour cream and salsa.

*GYROS QUESADILLA

Gyros meat, onions, tzatziki yogurt sauce and imported feta cheese in a grilled flour tortilla. Served with shaved lettuce and tomatoes on the side.

*HOMEMADE SOUP

Fresh ingredients made daily by the chef.
Bowl Cup

(V) Vegetarian (GF) Gluten-Free
(GFA) Gluten-Free Available

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PLEASE ADVISE YOUR SERVER OF
ANY AND ALL FOOD ALLERGIES.



ITALIAN NACHOS



SOUTHWESTERN
CHICKEN QUESADILLA

(GF) This dish is gluten-free. When placing your order, please let your server know that you are ordering a gluten-free menu item. Please be aware that because our dishes are prepared to order, individual foods may come into contact with one another due to shared cooking and preparation areas. Therefore, we cannot guarantee that cross contact with foods containing gluten will not occur. (GFA) Gluten-Free Available – When placing your order please ask for gluten-free bread or gluten-free dressing as a substitution. Also, please let your server know that you are ordering a gluten-free item. Gluten-free bread is an additional cost.



Go GREEN

ALL SALADS BELOW ARE ACCOMPANIED WITH PITA WEDGES.

HOMEMADE DRESSINGS

EXTRA VIRGIN OLIVE OIL & RED WINE VINEGAR • RANCH
SPICY CHIPOTLE RANCH • HONEY MUSTARD • THOUSAND ISLAND
 MEDITERRANEAN (OIL & VINEGAR WITH SEASONING)

*GREEK SALAD (V) (GFA)

Crispy and chilled romaine, topped with imported feta cheese, Kalamata olives, sliced pepperoncini, red onions and tomatoes. Served with our homemade Mediterranean dressing.

*CHAR-GRILLED CHICKEN SALAD (GFA)

Organic mixed field greens, topped with sliced char-grilled, all-natural chicken breast, tomatoes, red onions, hard-boiled egg and aged Wisconsin cheddar cheese. Served with ranch.



*CHIPOTLE SALAD (V) (GFA)

Crispy and chilled romaine, red onions, tomatoes, fire-roasted corn, black beans, bell peppers, cheddar cheese, fresh cilantro, smashed avocado and tortilla strips. Served with our homemade **SPICY** chipotle ranch.

*APPLE AND PECAN SALAD (V) (GFA)

Organic mixed field greens, apples, grapes, caramelized pecans, Clemson bleu cheese crumbles and dried cranberries. Served with our homemade Mediterranean dressing.

*ENLIGHTENED BERRY AND GOAT CHEESE SALAD (V) (GFA)

Organic mixed field greens, fresh strawberries and blueberries, chevre goat cheese rolled with Georgia pecans, dried cranberries and green onions. Served with our homemade Mediterranean dressing.

*HEALTHY MEDITERRANEAN SALAD BOWL (V) (GFA)

Crispy and chilled romaine, quinoa, imported feta cheese, hummus, tahini, tzatziki yogurt sauce, garbanzo beans, Kalamata olives, diced red onions, pickled beets, tomatoes and cucumbers. Served with our homemade Mediterranean dressing.

CUSTOMIZE YOUR SALAD

CHAR-GRILLED, ALL NATURAL CHICKEN Extra

GYROS MEAT Extra

 **SPICY** ANDOUILLE SAUSAGE Extra

FOUR SAUTÉED SHRIMP Extra

BROILED, WILD-CAUGHT SALMON Extra

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PHILLY STEAK



THE REUBEN



GYROS SANDWICH

Between THE BREAD

SANDWICHES ARE SERVED WITH ZERO GRAMS TRANS FAT SEASONED FRENCH FRIES. ADD A HOUSE SALAD OR CUP OF SOUP, EXTRA.
SUB SWEET POTATO FRIES, ADD A BUCK

*PHILLY STEAK

Thinly sliced grilled ribeye steak covered with Swiss cheese and grilled onions and peppers on a homemade grilled brioche hoagie roll.

*THE REUBEN

Seasoned corned beef, Swiss cheese and smoked bacon sauerkraut on grilled Jewish rye with a side of Thousand Island dressing for dipping.

*TWO-HANDED MONTE CRISTO

Sliced Black Oak ham and Swiss cheese grilled in batter-dipped challah bread and dusted with powdered sugar. Served with a side of honey mustard dressing for dipping.

*REALLY GOOD HOMEMADE CHICKEN SALAD CROISSANT

Fresh homemade, chunky, all-natural chicken salad with mayo, celery and spices served on a croissant with lettuce and tomato.

*OMEGA TRIPLE DECKER CLUB

Roast turkey, Black Oak ham, smoked bacon and American cheese on Greek toast with lettuce, tomato and mayo.

*SLICED PRIME RIB DIP

Thin-sliced, slow-roasted prime rib, provolone cheese, au jus and horseradish sauce on the side. Served on a homemade grilled brioche hoagie roll.

*CHICKEN AND AVOCADO SANDWICH

All natural char-grilled chicken breast, Jack cheese, sliced avocado, smoked bacon, mayonnaise and a side of our homemade honey mustard sauce on a homemade grilled brioche bun.

*GYROS SANDWICH

Seasoned beef and lamb with tomato, onion and tzatziki cucumber onion yogurt sauce in grilled pita.

*SMOKED TURKEY BLTA CROISSANT

Sliced smoked turkey, smoked bacon, avocado, arugula, Swiss cheese and pesto aioli on a grilled croissant.

*PARMESAN-CRUSTED CHICKEN SANDWICH

All-natural chicken coated with a Parmesan cheese crust, prosciutto, mozzarella cheese, pesto aioli and arugula on a homemade grilled brioche bun.

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FRESH *Handmade* BURGERS

OUR GOURMET BURGERS ARE **FRESH, NEVER FROZEN, HAND-PATTIED USDA-INSPECTED, TOP CHOICE BLACK ANGUS BEEF**. BURGERS ARE SERVED WITH ZERO GRAMS TRANS FAT SEASONED FRENCH FRIES. ADD A HOUSE SALAD OR CUP OF SOUP, EXTRA. SUB SWEET POTATO FRIES, EXTRA.

*OLD FASHIONED PATTY MELT

Fresh, never frozen, hand-pattied USDA-inspected Top Choice Black Angus Beef, char-grilled with American cheese and topped with grilled onions on homemade Jewish rye.

*HANDMADE USDA CHOICE CHEESEBURGER

Fresh, never frozen, hand-pattied, USDA-inspected Top Choice Black Angus Beef, char-grilled with American cheese and topped with lettuce, tomato, mayonnaise and dill pickle on a homemade brioche bun.

*SMOKED BACON AND GOUDA SMOKEHOUSE CHEESEBURGER

Fresh, never frozen, hand-pattied, USDA-inspected Top Choice Black Angus Beef, smoked bacon, Gouda cheese, lettuce, tomato and mayonnaise on a homemade brioche bun.

*AVOCADO, BACON AND CARAMELIZED ONION BURGER

Fresh, never frozen, hand-pattied, USDA-inspected Top Choice Black Angus beef, avocado, smoked bacon, caramelized onions and mayonnaise on a homemade brioche bun.

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Tasty **HANDHELDS**

WRAPS ARE SERVED WITH ZERO GRAMS TRANS FAT SEASONED FRENCH FRIES. ADD A HOUSE SALAD OR CUP OF SOUP, EXTRA. SUB SWEET POTATO FRIES, EXTRA.

***CALIFORNIA WRAP**

Char-grilled, all-natural chicken breast, smoked bacon, tomato, shredded lettuce, avocado, red onion and Swiss cheese wrapped in a flour tortilla. Served with a side of honey mustard dressing.

***IT'S ALL GREEK TO ME WRAP**

Char-grilled all-natural chicken breast, tomato, imported feta cheese, shredded lettuce and red onion wrapped in a flour tortilla. Served with a side of Mediterranean dressing.

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IT'S ALL *Greek to Me*

ADD A HOUSE SALAD OR CUP OF SOUP, EXTRA.

***CHICKEN SOUVLAKI PLATTER (GFA)**

Char-grilled all-natural chicken strips, pita wedges, tzatziki cucumber onion yogurt sauce on the side, rice pilaf, hummus, organic mixed field green Greek salad and oven-roasted Greek potatoes.

***GYROS PLATTER**

Sliced seasoned beef and lamb, pita wedges, tzatziki cucumber onion yogurt sauce on the side, rice pilaf, hummus, organic mixed field green Greek salad and oven-roasted Greek potatoes.

***GREEK BONE-IN PORK CHOP (GF)**

Juicy and full of flavor 10 oz. bone-in pork chop char-grilled to perfection and topped with our homemade Greek butter sauce. Served with an organic mixed field green Greek salad, rice pilaf and oven-roasted Greek potatoes.

***HEALTHY GREEK (GFA)**

All-natural char-grilled chicken breast, fresh-roasted vegetables, rice pilaf, hummus, tzatziki cucumber onion yogurt sauce, organic mixed field green Greek salad and pita wedges.

***GREEK VILLAGE CHICKEN PLATTER**

ONE SKEWER of all-natural chicken, pita wedges, tzatziki sauce, hummus, organic mixed field green Greek salad, rice pilaf and oven-roasted Green potatoes.

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House FAVORITES

ADD A HOUSE SALAD OR CUP OF SOUP, EXTRA.

*STAX FRIED CHICKEN TENDER PLATTER

Four deliciously seasoned and hand breaded, all-natural chicken tenders accompanied with honey mustard sauce. Served with French fries.

*CHICKEN MADEIRA

All-natural chicken, fresh asparagus, melted mozzarella cheese, tossed in a porcini, portobello, cremini and shiitake madeira wine sauce. Served with Idaho mashed potatoes and fresh-roasted vegetables (zucchini, yellow squash, bell peppers, carrots, red onions, cauliflower, sugar snap peas and broccoli).

*PARMESAN-CRUSTED CHICKEN

All-natural chicken coated with a Parmesan cheese crust, crispy prosciutto, provolone cheese, green onions, spaghetti tossed in a lite herb cream sauce, topped with arugula.

*TUSCAN CHICKEN

All-natural chicken, fresh roasted vegetables (zucchini, yellow squash, bell peppers, carrots, red onions, cauliflower, sugar snap peas and broccoli), asparagus and Idaho mashed potatoes topped off with Extra Virgin Olive Oil infused with garlic and fresh herbs.

*CHICKEN TERIYAKI (GF)

All-natural chicken sautéed with zucchini, yellow squash, assorted colorful bell peppers, carrots, red onions, cauliflower green onions, sugar snap peas and broccoli tossed in our homemade teriyaki sauce and served with rice pilaf.



*PARMESAN-CRUSTED CHICKEN FARRO

All-natural chicken coated with a Parmesan cheese crust, tomatoes, fresh basil, farro, capers, aged balsamic, imported feta cheese and Extra Virgin Olive Oil, served over rice pilaf with roasted vegetables (zucchini, yellow squash, assorted colorful bell peppers, carrots, red onion, broccoli, cauliflower and sugar snap peas).


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CHICKEN TERIYAKI





SPICY LOW COUNTRY
SHRIMP AND GRITS



RIBEYE

STEAKS & Seafood

ADD A HOUSE SALAD OR CUP OF SOUP, EXTRA.



*SPICY LOW COUNTRY SHRIMP AND GRITS

Six tender shrimp simmered with **SPICY** andouille sausage, smoked bacon, colorful bell peppers, onions, garlic, fresh jalapeños and green onions over creamy cheesy grits.

*RIBEYE (GF)



Our hand-cut 12 oz. **USDA Top Choice Black Angus Ribeye** is well-marbled, juicy and full of flavor. It's seasoned, char-grilled to perfection and served with an Idaho baked potato and fresh roasted veggies (zucchini, yellow squash, bell peppers, carrots, red onions, cauliflower, sugar snap peas and broccoli).

*USDA BLACK ANGUS CHOPPED STEAK (GF)



12 oz. fresh, never frozen, hand-pattied, **USDA-inspected Top Choice Black Angus Beef**, mushrooms, onions, mashed potatoes and gravy and fresh roasted veggies (zucchini, yellow squash, bell peppers, carrots, red onions, cauliflower, sugar snap peas and broccoli).

*FISH N' CHIPS

12 oz. wild-caught fried flounder, French fries, housemade tartar sauce and a lemon wedge.

*BROILED, WILD-CAUGHT GROUPER WITH FARRO, TOMATOES & CAPERS

Broiled, wild-caught grouper topped with tomatoes, fresh basil, farro, capers, aged balsamic and Extra Virgin Olive Oil. Served with rice pilaf and roasted vegetables (zucchini, yellow squash, assorted colorful bell peppers, carrots, red onions, broccoli, cauliflower and sugar snap peas).

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PASTA

ADD A HOUSE SALAD OR CUP OF SOUP FOR 3.49

*ITALIAN SPAGHETTI BOLOGNESE

Spaghetti tossed with our homemade meat sauce and topped with Parmesan cheese. Served with a fresh garlic knot.

*FETTUCCHINE ALFREDO DI ANTONIO

Fettuccine pasta tossed in a Parmesan cream sauce and topped with Parmesan cheese. Served with a fresh garlic knot.

*SPAGHETTI AGLIO E OLIO

Spaghetti, sun dried tomatoes, fresh baby spinach, fresh basil, asparagus, fresh garlic, prosciutto, green onions, Parmesan, extra virgin olive oil and a touch of cream. Served with a fresh garlic knot.

*FOUR CHEESE RIGATONI PASTA (V)

Rigatoni pasta, ricotta, asiago, parmesan, romano, fresh basil, asparagus and fresh spinach tossed with marinara sauce and a touch of cream. Served with a fresh garlic knot.

NEW!

CUSTOMIZE YOUR PASTA

Only applies to the dishes above.

**CHAR-GRILLED,
ALL NATURAL CHICKEN** Extra

GYROS MEAT Extra

 **SPICY ANDOUILLE SAUSAGE** Extra

FOUR SAUTÉED SHRIMP Extra

**BROILED, WILD-CAUGHT
SALMON** Extra

*CHICKEN PARMIGIANA

Boneless breast of all-natural chicken topped with marinara sauce and melted mozzarella cheese. Served with spaghetti marinara and a fresh garlic knot.

*LASAGNA DI ALFONSO

Homemade traditional lasagna made with layers of pasta, ricotta, mozzarella, seasoned ground beef and fresh basil, topped with meat sauce. Served with a fresh garlic knot.

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ITALIAN SPAGHETTI
BOLOGNESE



FETTUCCHINE ALFREDO DI
ANTONIO WITH CHICKEN



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SOUTHERN

Comfort

Lunch: Monday-Friday 11:00 am-2:30 pm
Dinner: Monday-Sunday 4:00 pm-8:00 pm

MEAT SELECTION

- *Stax Meatloaf and Marinara Sauce
- *All-Natural Boneless Char-grilled
Chicken Breast (GF)
- *Country Fried Steak and Sausage Milk Gravy

PICK TWO

- Green Beans (V) (GF)
- Fresh Collard Greens (V) (VG) (GF)
- Omega Coleslaw (V) (GF)
- Buttered Sweet Corn (V) (GF)
- Black Eyed Peas (V) (VG)
- Macaroni and Cheese (V)
- Oven Roasted Greek Potatoes (V) (GF)
- Real Mashed Potatoes (V) (GF)
- Rice Pilaf

- MEAT AND TWO
- VEGETABLES (4)

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Before the CHICKEN

SERVED WITH YOUR CHOICE OF AMERICAN FRIED POTATOES, SOUTHERN GRITS OR SLICED TOMATOES AND TOAST (GREEK, HONEY WHOLE WHEAT, JEWISH RYE, ENGLISH MUFFIN). ENTRÉES ARE GLUTEN-FREE WITHOUT TOAST.


- BISCUIT AVAILABLE UNTIL 11:00 AM.
- ADD TO SUBSTITUTE BAGEL OR GLUTEN-FREE WHOLE GRAIN BREAD FOR TOAST.
- ADD FOR SIDE OF FRESH SEASONAL FRUIT.

*Two Farm-Fresh Eggs with Black Oak Ham (GFA)

*Two Farm-Fresh Eggs with two Patty Sausages (GFA)

*Two Farm-Fresh Eggs with two Link Sausages (GFA)

*Two Farm-Fresh Eggs with three
Slices of Smoked Bacon (GFA)

 *Two Farm-Fresh Eggs with three
Chicken Link Sausages (GFA)

 *Two Farm-Fresh Eggs with two
Turkey Patty Sausages (GFA)

*Two Farm-Fresh Eggs with Watauga Country Ham (GFA)

 *Two Farm-Fresh Eggs with Spicy Chorizo Hash (GFA)

*Two Farm-Fresh Eggs with Fresh Corned Beef Hash (GFA)

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CREATE YOUR OWN *Signature Omelette*

SERVED WITH YOUR CHOICE OF AMERICAN FRIED POTATOES, SOUTHERN GRITS OR SLICED TOMATOES AND TOAST (GREEK, HONEY WHOLE WHEAT, JEWISH RYE, ENGLISH MUFFIN).

- BISCUIT AVAILABLE UNTIL 11:00 AM.
- ADD TO SUBSTITUTE BAGEL OR GLUTEN-FREE WHOLE GRAIN BREAD FOR TOAST.
- ADD FOR SIDE OF FRESH SEASONAL FRUIT.

VEGETABLES:

Fresh Baby Spinach
Roasted Red Peppers
Bell Peppers
Tomatoes
Onions
Jalapeños
Kalamata Olives
Mushrooms
Sliced Idaho Potatoes
Broccoli
Asparagus
Green Onions

CHEESE:

Aged Cheddar Cheese
Provolone Cheese
American Cheese
Swiss Cheese
Imported Feta Cheese
Mozzarella Cheese

MEAT:

Smoked Bacon
Sausage
Black Oak Ham
Andouille Sausage
Gyros Meat
All Natural Char-grilled
Chicken Breast
Sliced Roasted Turkey

*PLAIN FARM-FRESH EGGS OMELETTE (GFA)

*PLAIN FARM-FRESH EGG WHITE OMELETTE (GFA)

EACH ITEM ABOVE ADDED TO OMELETTE (GFA) EXTRA



HAM AND CHEESE
OMELETTE

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Extraordinary FRENCH TOAST

ADD FOR BACON, LINK OR PATTY SAUSAGE.
ADD FOR SIDE OF FRESH SEASONAL FRUIT.

LE PETITE STRAWBERRY FRENCH TOAST (V)

Thick, batter-dipped French toast topped with our homemade warm strawberry compote.

LE PETITE BLUEBERRY FRENCH TOAST (V)

Thick, batter-dipped French toast topped with our homemade warm blueberry compote.

OMEGA'S "THICK" FRENCH TOAST (V)

Thick, batter-dipped challah bread served with syrup and butter.

*STAX SPECIAL

One thick slice of French toast, two farm-fresh eggs any style and two slices of smoked bacon.

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OMEGA'S "THICK"
FRENCH TOAST

Pass the SYRUP

ADD FOR BACON, LINK OR PATTY SAUSAGE.
ADD FOR SIDE OF FRESH SEASONAL FRUIT.

***BELLY BUSTER**

One giant waffle, two farm-fresh eggs any style and two strips of smoked bacon.

GIANT BELGIAN WAFFLE (V)

Made with our special blended batter, served with syrup and butter.

OMEGA BLUEBERRY WAFFLE (V)

Topped with our homemade warm blueberry compote.

OMEGA STRAWBERRY WAFFLE (V)

Topped with our homemade warm strawberry compote.

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Stax STACKS

ADD FOR BACON, LINK OR PATTY SAUSAGE.
ADD FOR SIDE OF FRESH SEASONAL FRUIT.

GHIRARDELLI CHOCOLATE CHIP PANCAKES (V)

Sinfully sweet Ghirardelli chocolate chip morsels baked and topped make these pancakes delicious.

OMEGA BLUEBERRY PANCAKES (V)

Buttermilk pancakes filled with blueberries and topped with our homemade warm blueberry compote.

OMEGA STRAWBERRY PANCAKES (V)

Buttermilk pancakes topped with our homemade warm strawberry compote.

*TWO BY TWO

Two farm-fresh eggs any style, two pancakes and two strips smoked bacon.

BUTTERMILK PANCAKES (V)

Served with butter and syrup.

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OMEGA STRAWBERRY
PANCAKES

JUICE Bar

COFFEE Bar

Low Fat Smoothies

ENHANCE YOUR SMOOTHIE WITH ONE OF OUR NUTRITIONAL ENHANCERS

- WHEY PROTEIN
- B-COMPLEX WITH CHROMIUM AND CREATINE
- PROBIOTIC (PROBIOTIC BLEND LACTOBACILLUS ACIDOPHILUS AND BIFIDOBACTERIUM LONGUM)

Strawberry Banana

Strawberry, banana, green tea, low-fat Greek yogurt, strawberry/blueberry garnish.

Island Breeze

Strawberry, banana, mango, pineapple, coconut, green tea, low-fat Greek yogurt, strawberry/blueberry garnish.

Peach Mango Blast

Peach, mango, green tea, low-fat Greek yogurt, strawberry/blueberry garnish.

Juice Bar

- Freshly Squeezed Orange Juice
- 100% Pomegranate Juice
- Cranberry Juice
- Tomato Juice
- 100% Apple Juice
- Pure Premium Grapefruit Juice

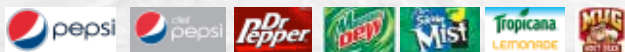
Mimosa

Mimosa (fresh squeezed orange juice and champagne)

Drink Up



- Ice Cold Milk
- Almond Milk
- Chocolate Milk
- Milkshake (Strawberry, Vanilla or Chocolate)
- Fresh Brewed Premium Coffee
- Fresh Brewed Premium Decaf Coffee
- Hot Tea (regular or decaf)
- Omega's Hot Chocolate
Topped with freshly whipped cream & chocolate
- Iced Tea sweetened or unsweetened
- Bottomless Sodas
- Bottomless Lemonade



Hot Espresso Beverages

AVAILABLE IN THE FOLLOWING FLAVORS: CARAMEL, MOCHA, FRENCH VANILLA, HAZELNUT, ENGLISH TOFFEE, BUTTERSCOTCH, CHEESECAKE, IRISH CREAM, TOASTED MARSHMALLOW.
CAPPUCCINOS AND LATTES TOPPED WITH CINNAMON.

Espresso (Double)

Espresso (Double) Crema

Double Espresso topped with freshly whipped cream.

Cappuccino

Cappuccino Crema

Cappuccino topped with freshly whipped cream.

Café Latte

Café Latte Crema

Café Latte topped with freshly whipped cream.



Ice or Blended Espresso

AVAILABLE IN THE FOLLOWING FLAVORS: CARAMEL, MOCHA, FRENCH VANILLA, HAZELNUT, ENGLISH TOFFEE, BUTTERSCOTCH, CHEESECAKE, IRISH CREAM, TOASTED MARSHMALLOW.
FRAPPES ARE TOPPED WITH WHIPPED CREAM & CHOCOLATE.

Iced Café Latte

Ice Blended Espresso Frappe

Bottled Beer

Bud Light • Michelob Ultra
Stone IPA India Pale Ale
Stella Artois Lager

Craft Beer

Craft beers listed on our daily features page

Wine by the Glass

CK Mondavi Family Vineyards

Chardonnay • Merlot • Pinot Grigio
White Zinfandel • Cabernet Sauvignon

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