



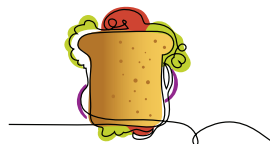
## Salads

**Spinach Salad** **\$11.99**  
Spinach, Feta Cheese, Mandarin Oranges,  
Scallions & Almonds with Vidalia Onion Dressing

**Chef Salad** **\$13.99**  
Romaine, Turkey, Ham, Swiss Cheese, Tomato,  
Cucumber, Hard Boiled Eggs, Choice of Dressing

**Fall Apple** **\$11.99**  
Spinach, Apples, Blue Cheese, Bacon & Walnuts  
with Apple Cider Vinaigrette

**Tossed Salad** **\$7.99**  
Lettuce, Cucumbers, Peppers & Tomatoes  
with Choice of Dressing



## Specialty Sandwiches

**Prime Rib** **\$13.99**  
Ciabatta, White American, Onion & Mushrooms

**Eggplant Mozzarella** **\$12.99**  
Roasted Red Peppers, Balsamic & Baby Arugula

**Pulled Pork** **\$10.99**  
Tangy Carolina Gold BBQ Sauce & Spicy Asian  
Slaw on Brioche

**The Sloppy** **\$11.99**  
Choice of Ham, Turkey, Roast Beef, or Pastrami  
with Slaw, Swiss & Russian on Rye

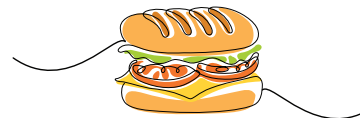
**Grilled Chicken** **\$10.99**  
Avocado, Red Onion & Spinach with Cilantro  
Lime Mayo on a Croissant

**Hot Cuban** **\$11.99**  
Mustard, Mayo, Swiss, Dill Pickles, Roast Pork &  
Ham on a Ciabatta Roll

**Big BLT** **\$8.99**  
Bacon, Lettuce, Tomato & Pesto Aioli on  
Sourdough Bread

**Mr. McTurkey** **\$10.99**  
Sliced Turkey, Stuffing, Mayonnaise, Cranberry  
Relish & Lettuce on Country White Bread

**Italian** **Half \$7.99 Whole \$14.99**  
Ham, Salami, Capicola & Provalone with Lettuce,  
Tomato, Onion, Oil, Vinegar & Oregano on a Sub Roll



## Cold Sandwiches

**1/4lb Meat On:**  
Choice of Croissant, Bread, Round Roll or Wrap

**Pick Your Toppings:**  
Lettuce, Tomato, Onion, Pickles, Hot Peppers  
or Sweet Peppers  
Cheese + \$1.00

**Ham** **\$7.99**

**Virginia Ham** **\$7.99**

**Turkey** **\$8.50**

**Roast Beef** **\$9.50**

**Salami** **\$7.99**

**Bologna** **\$7.50**

**Liverwurst** **\$7.50**

**Cappicola** **\$7.99**

**Pastrami** **\$8.50**

**Tuna Salad** **\$7.99**

**Egg Salad** **\$6.99**

**Chicken Salad** **\$7.99**

**Half Sub** **+\$1.50**

**Whole Sub** **+\$7.00**



## Ancient Grain Bowls with Quinoa

**Mediterranean** **\$13.99**  
Chick Peas, Cucumber, Tomatoes, Red Onion,  
Olives & Feta with Yogurt Dressing

**Autumn** **\$13.99**  
Roasted Butternut, Beets, Pumpkin Seeds, Dry  
Cranberries, Power Blend & Turmeric Cauliflower  
with Apple Cider Vinaigrette

**Add Chicken** **+\$4.00**

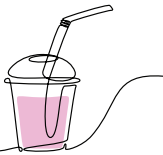
**Add Shrimp** **+\$6.00**



## Soups

**12oz** **\$4.99** **16oz** **\$5.99**

**12oz Chili** **\$5.59** **16oz Chili** **\$6.99**



## Smoothies

20oz \$7.50

**Extra Protein \$2 Creatine \$2/5g**

All smoothies are less than 400 Calories

### Choice of Liquid:

Milk, Almond Milk, Oat Milk or Water

#### Berry Good

Mixed Berries & Banana with 24g of Whey Protein

#### Chocolate Peanut Butter

Chocolate & Peanut Butter Powder with 24g of Whey Protein

#### Go Veggie

Coconut, Spinach, Kale, Banana & Apples with 24g of Whey Protein

#### Mango Tango

Mango, Pineapple & Coconut with 24g of Whey Protein

#### Monkey Business

Banana, Coconut, Yogurt, Chocolate & Protein

## Business & Catering Trays



### Business Lunch Trays: \$69

#### Signature Sandwich or Wrap Tray (feeds 8-10 ppl):

Choice of Assortment: Italian, Turkey & Cheese, Grilled Chicken, Caprese Chicken, Chicken Salad, Chicken Caesar, Buffalo Chicken, Grilled Vegetables

#### Catering Trays: Call or See Website for Details

#### Full & Half Trays Available:

Salads, Appetizers, Chicken Dishes, Eggplant Dishes, Meat Dishes, Seafood Dishes, Pasta, Baked Pasta, Vegetables, Sandwiches & Wraps



## Coffee & Baked Goods



**KING'S GAMBIT**  
Coffee Co.

**Proudly Serving**

**12oz \$2.75**

**16oz \$3.50**

### Chai Latte, Iced or Hot

**12oz \$2.95**

**16oz \$3.65**

### Hot Chocolate

**12oz \$2.95**

**16oz \$3.25**

**20oz Frozen Chai Latte \$3.95**

**20oz Iced Tea \$3.00**

**Round Roll \$0.99**

**Brioche Bun \$0.99**

**Croissant \$2.99**

With Butter, Jelly, or Honey + \$0.70

With Cream Cheese + \$1.00



## Gelato

**4oz Cup \$5.00**

Vanilla, Chocolate, Coffee, Salted Caramel, Strawberry Sorbet, Mango Sorbet, No Sugar Added Plain Yogurt

**Toppings + \$1.00**

Choice of (any combination): Walnuts, Chocolate Chips, Chocolate Syrup, Sprinkles, Coconut

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