



Smoothies

20oz \$7.50

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

All smoothies come with 24g of Whey Protein and are less than 400 calories

Choice of Liquid:

Milk, Almond Milk, Oat Milk or Water

Berry Good

Mixed Berries & Banana

Chocolate Peanut Butter

Chocolate & Peanut Butter Powder

Go Veggie

Coconut, Spinach, Kale, Banana & Apples

Mango Tango

Mango, Pineapple & Coconut

Monkey Business

Banana, Coconut, Yogurt & Chocolate

Peppermint Mocha

Coffee, Banana, Mint Syrup & Chocolate Protein

Cinnamon Roll

Oats, Banana, Cinnamon, Maple Syrup & Vanilla Protein



Gelato

4oz Cup

\$5.00

Vanilla, Chocolate, Coffee, Salted Caramel, Strawberry Sorbet, Mango Sorbet

Toppings + \$1.00

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



Coffee & Baked Goods



KING'S GAMBIT
Coffee Co.

Proudly Serving

12oz \$2.79

16oz \$3.49

Blends:

Forge (Medium Roast), Embers (Dark Roast)
Navigator (Decaf)

12oz Latte

\$4.49

12oz Americano

\$4.49

12oz Cappuccino

\$4.49

4oz Espresso

\$2.99

Affogato (Espresso over Gelato)

\$7.49

Chai Latte, Iced or Hot

12oz

\$3.49

16oz

\$3.99

Hot Chocolate

12oz

\$3.49

16oz

\$3.99

Hot Tea

12oz

\$2.29

16oz

\$2.79

20oz Frozen Chai Latte

\$4.49

20oz Iced Tea or Iced Coffee

\$3.99

Iced Latte

\$4.49

Round Roll

\$0.99

Brioche Bun

\$0.99

Croissant

\$2.99

With Butter, Jelly, or Honey + \$0.70

With Cream Cheese + \$1.00

The MARKET

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Salads

Spinach Salad **\$11.99**

Spinach, Feta Cheese, Mandarin Oranges, Scallions & Almonds with Poppysseed 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 **\$8.99**

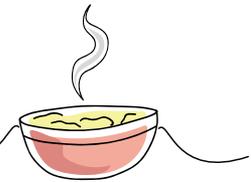
Lettuce, Cucumbers, Peppers & Tomatoes with Choice of Dressing

Caesar Salad **\$8.99**

Romaine, Parmesan, Croutons & Caesar Dressing

Add Chicken **+\$4.00**

Add Shrimp **+\$6.00**



Ancient Grain Bowls with Quinoa

Mediterranean **\$13.99**

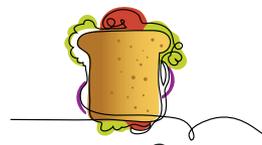
Quinoa, Chick Peas, Cucumber, Tomatoes, Red Onion, Olives & Feta with Yogurt Dressing

Italian **\$13.99**

Quinoa, Arugula, Roasted Red Peppers, Salami, Mozzarella, Red Onions & Italian dressing

Add Chicken **+\$4.00**

Add Shrimp **+\$6.00**



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

Chicken Caesar Salad Wrap **\$10.99**

Grilled Chicken, Romaine, Parmesan & Caesar

Italian **Half \$9.99 Whole \$16.99**

Ham, Salami, Capicola & Provalone with Lettuce, Tomato, Onion, Oil, Vinegar & Oregano on a Sub Roll



Cold Sandwiches

1/3lb 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 **\$9.49**

Virginia Ham **\$9.49**

Turkey **\$10.00**

Roast Beef **\$11.00**

Salami **\$9.49**

Bologna **\$9.00**

Liverwurst **\$9.00**

Cappicola **\$9.49**

Pastrami **\$10.00**

Tuna Salad **\$9.49**

Egg Salad **\$8.49**

Chicken Salad **\$9.49**

Half Sub **+\$2.00**

Whole Sub **+\$7.00**



Soups

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

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