

# The Abbey

## Sandwiches

**Steak Egg and Cheese Bagel** - Steak meat, caramelized onions, gruyere cheese on a toasted bagel. (680 cal.) \$5.00

**Breakfast Burrito**- Egg, cheddar cheese, sausage and home fries. (470 cal.) \$5.00

**BYO Breakfast Sandwich** - Choice of meat (sausage or bacon), egg, choice of vegetables, peppers and onions, on your choice of bread- ciabatta, white, wheat or bagel. (389 cal.) \$5.00

**Breakfast Platter** - Scrambled eggs, choice of sausage or bacon, home fries, toast with butter and jam. (430-630 cal.) \$6.00

*(Eggs, sausage, bacon, and home fries can be purchased A' la carte.)*

**Bacon and Cheese Frittata** - Bacon, gruyere cheese, parmesan cheese, and a delicate egg custard. (295 cal.) \$5.00

## ALL Sandwiches Available on Gluten-Friendly Multi-Grain Bread

## Healthier Choices

**Yogurt Cups**(50 cal.) \$1.50

**Grapes** (60 cal.) \$1.65

**Chicken Cobb Salad**- Romaine, chicken, cucumber, bacon, tomato, boiled egg and avocado. ( 450 cal.) \$5.00

## Coffee - Freshly Ground in House

House Roast - \$1.75

House Decaf - \$1.75

Specialty Roast - \$1.75

Iced Coffee - \$1.75

## Choose Your Added Love

Half-and-Half (18 cal.)

Whole Milk ( 9 cal.)

Almond Milk (60 cal.)

## With a Little Flavor \$.50 each

(90 cal.)

French Vanilla / Sugar Free Vanilla  
Irish Cream

Hazelnut / Sugar Free Hazelnut  
Caramel / Chocolate

## **Assorted Sodas, Juices and Water**

**Assorted Teas** - Daily Selection

## Fresh Whole Fruit

**Golden Delicious Apple**- (45 cal.) \$.35

**Banana**- (105 cal.) \$.35

**Orange**- (45 cal.) \$.35

**Bartlett Pear**- (100 cal.) \$.35

## Bakery

**Assorted Pastries** - (240-460 cal.) \$1.75

**Bagel w/ Cream Cheese** - (370 cal.) \$2.00

**Premium Pastries**- (390-460 cal.) \$3.00

**Croissant** - (380 cal.) \$2.50

**Choice of Butter, Margarine, Jam and Cream Cheese included with purchase**

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.