

Hours: Mon - Sat 8:00 am - 4:00 pm

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# BREAKFAST AND LUNCH

## RISE AND SHINE

8-11:30am

**Homemade Irish Steel-Cut Oatmeal** ..... \$6.50  
Add walnuts, almonds, golden raisins, craisins, or caramelized bananas~sweetened with maple syrup

**Hot Quinoa Cereal** ..... \$6.50  
Golden quinoa, coconut milk, toasted almonds, brown sugar, cinnamon, fresh berry puree

### 900 Breakfast Sandwich

Served on ciabatta, muesli or croissant

Egg and cheese ..... \$5.00  
With bacon, ham or capicola ..... \$5.75

**2 Egg Cheese Omelette** ..... \$8.25  
With home fries and toast

**2 Egg Veggie and Cheese Omelette** ..... \$9.95  
Spinach, mushroom, caramelized onion, tomato, bell pepper with home fries and toast

**2 Egg Meat and Cheese Omelette** ..... \$9.95  
Choice of ham or bacon with home fries and toast

\* \* \* EGG WHITES AVAILABLE \* \* \*

**Canteen 900 Signature Breakfast** ..... \$7.50  
2 eggs, 2 strips of bacon, home fries, toast and a cup of coffee

\* \* \* \* CHOICE OF TOAST \* \* \* \*

White, Seeded Wheat, or Seeded Rye..... Included  
Ciabatta, Muesli, Butter Croissant, Gluten Free .. \$1.00

**Classic Croissant French Toast** ..... \$8.95  
Cinnamon, powdered sugar, maple syrup, toasted almonds, strawberries, and vanilla bean whipped cream served with two strips of bacon

**Mixed Berry Croissant French Toast** ..... \$8.95  
Mixed berry purée, powdered sugar, fresh fruit, and vanilla bean whipped cream served with two strips of bacon

**Chocolate Croissant French Toast** ..... \$8.95  
Caramelized bananas, fresh strawberries, powdered sugar, and vanilla bean whipped cream served with two strips of bacon

**Over Easy BLT** ..... \$9.50  
Sunny-side up egg, grilled rye bread, bacon, spinach, tomato, avocado, romesco aioli

**Truffled Soft Scramble** ..... \$9.50  
Three soft scrambled eggs, goat cheese, fresh herbs, caramelized onions, truffled mushrooms served with toast points

**The Fresh Start** ..... \$7.75  
Two eggs, spinach, tomato, mushroom, onion, avocado, sprouts and grapefruit

**Square Breakfast Bread** (muesli or ciabatta) \$2.75  
With butter, jelly, peanut butter or almond butter

**Sides** ..... \$2.50  
Applewood Smoked Bacon or Local Ham Steak

## CANTEEN TO-GO

Delivery Available with Advance Notice

### ASSORTED SANDWICH BOX

Per Person ..... \$8.50

### SALADS

Per Person ..... \$3.50

Greenhouse True Greek Harvest

Pint of Dressing ..... \$4.25

### SIDES AND DESSERTS

**Homemade Potato Chip Box** ..... \$15.00

**Chocolate Chip or Oatmeal Raisin Cookie** ..... \$7.75  
Available by the dozen(s)

### DRINKS

**Soda (2 Liter)** ..... \$3.00

Coca-Cola Classic Sprite  
Diet Coke

**Tea or Lemonade (Gallon)** ..... \$4.00

\* PAPER PRODUCTS AVAILABLE UPON REQUEST \*

**ALLERGY-NOTICE** Some menu items contain milk, eggs, peanuts, seeds, wheat, fruit, etc. If you are allergic to any of these ingredients or any other ingredients, we recommend that you notify your server prior to ordering.

## SERVED ALL DAY

|   |        |
|---|--------|
| <b>Fat Free Yogurt</b> .....  | \$5.95 |
| Granola, fresh fruit, honey drizzle   |        |
| <b>Ruby Red Grapefruit Brulee</b> .....   | \$5.95 |
| Half grapefruit torched with vanilla sugar choice of butter, almond, or chocolate croissant |        |
| <b>Muesli Cereal</b> (oat, fruit, nut) .....  | \$5.25 |
| Served hot or cold with skim, almond or soy milk  |        |

|   |        |
|---|--------|
| <b>Side of Fresh Fruit</b> .....  | \$3.95 |
| <b>Croissant Sandwich</b> .....   | \$5.95 |
| Ham and Brie, Turkey and Swiss or Herb Tuna Salad                                     |        |
| All served with lettuce and tomato  |        |
| <b>SMOOTHIE BOWLS</b>   |        |
| <b>A Touch of Joe</b> .....   | \$8.50 |
| Banana, espresso, pb, honey, soy topped with coconut, banana, almonds, raw cacao nibs |        |

|   |        |
|---|--------|
| <b>SMOOTHIE BOWLS</b> (continued)   |        |
| <b>Grateful Granola</b> .....   | \$8.50 |
| Strawberry, blueberry, banana, yogurt, skim milk, honey topped with granola, banana, grapes and strawberry        |        |
| <b>Sunshine Daydream</b> .....  | \$8.50 |
| Mango, banana, orange, yogurt topped with strawberry, blueberry, pineapple, almonds, shredded coconut, chia seeds |        |

## LUNCH

### PRESSED

|   |        |
|---|--------|
| <b>Design your own flatbread sandwich!</b> .....  | \$8.95 |
| 1. <b>Choose ONE Protein:</b>   |        |
| Bacon, prosciutto, pulled pork, grilled chicken, herb tuna salad, capicola, salami, ham, turkey, falafel or fried egg   |        |
| 2. <b>Choose ONE Cheese:</b>  |        |
| Cooper sharp, Swiss, fresh mozzarella, goat, brie, Gorgonzola or feta cheese  |        |
| 3. <b>Choose TWO Veggies:</b>   |        |
| Tomato, spinach leaves, pepperoncini peppers, red onion, roasted red pepper, avocado, cucumber, arugula, alfalfa sprouts, kale, green leaf lettuce or pickled serrano peppers |        |

|  |        |
|--|--------|
| * * * SPREAD THE LOVE * * *  |        |
| Add a Side of Spread .....   | \$5.50 |
| Hummus, baba ganoush, cucumber yogurt, chipotle mayo, mayo, ranch, basil parmesan pesto, honey dijon, french grain mustard, red wine vinaigrette, balsamic vinaigrette, white balsamic vinaigrette, chipotle caesar, romesco aioli, creamy lemon aioli, or spicy ketchup |        |

### TASTING BOARDS

|  |         |
|--|---------|
| <b>Mediterranean</b> .....   | \$13.95 |
| Falafel, hummus, baba ganoush, cucumber yogurt, Kalamata olives, red onion, tomato and grilled pita bread                          |         |
| <b>Italian</b> .....   | \$13.95 |
| Salami, prosciutto, capicola, fresh mozzarella, Kalamata olives, roasted red pepper and baguette                                   |         |
| <b>French</b> .....  | \$13.95 |
| Brie, goat cheese, ham, fresh fruit, candied walnuts, golden raisins, craisins, almond sesame brittle, house made jam and baguette |         |
| <b>The Hummus Plate</b> .....  | \$8.95  |
| Celery, carrot, cucumber, bell pepper, pickled Serrano pepper and grilled pita bread   |         |

### HALF IT YOUR WAY

|  |         |
|--|---------|
| <b>Half Sandwich and Half Salad</b> .....      | \$11.95 |
| Choose one "SANDWICH" and one "GO GREEN" salad |         |
| <b>Half Sandwich and Soup</b> .....            | \$10.95 |
| Choose one "SANDWICH"                          |         |
| <b>Half Salad and Soup</b> .....               | \$10.95 |
| Choose one "GO GREEN" salad                    |         |

### SANDWICH

|   |        |
|---|--------|
| <i>Served on White Tuscan or Seeded Multi-Grain Baguette, or Gluten Free Whole Grain Bread (Add \$1.00).</i>                  |        |
| <i>Sandwiches can also be served over a bed of lettuce with no bread.</i>   |        |
| <b>Canteen 900 Signature</b> .....  | \$9.95 |
| Oven roasted turkey, melted cooper sharp cheese, potato chips, green leaf lettuce with chipotle mayo                          |        |
| <b>Herb Tuna Salad</b> .....  | \$9.95 |
| Spinach leaves, tomato, cucumber  |        |
| <b>Old School Veggie</b> .....  | \$9.95 |
| Avocado, spinach, cucumber, roasted tomato, alfalfa sprouts, roasted red pepper, pickled red onion with hummus & baba ganoush |        |
| <b>Roasted Turkey</b> .....   | \$9.95 |
| Brie cheese, alfalfa sprouts, arugula with Dijonnaise   |        |
| <b>BLT+A</b> .....  | \$9.95 |
| Applewood smoked bacon, lettuce, tomato, avocado with mayo  |        |
| <b>Bella Italia</b> .....   | \$9.95 |
| Salami, capicola, prosciutto, ham, fresh mozzarella, roasted red pepper with red wine vinaigrette                             |        |
| <b>Pulled Pork</b> .....  | \$9.95 |
| Melted cooper sharp cheese with Ma's sweet chili sauce  |        |
| <b>Spicy Crispy Chicken</b> .....   | \$9.95 |
| Gorgonzola cheese crumbles, celery with chipotle mayo   |        |
| <b>Falafel</b> .....  | \$9.95 |
| Tomato, pickled red onion, green leaf lettuce with cucumber yogurt sauce  |        |
| <b>Caprese</b> .....  | \$9.95 |
| Fresh mozzarella, roasted tomato, spinach with basil Parmesan pesto   |        |
| <b>Grilled Chicken</b> .....  | \$9.95 |
| Swiss, cucumber, pickled red onion, arugula with honey Dijon  |        |
| <b>Orchard Ham</b> .....  | \$9.95 |
| Apple, red onion, melted brie with rosemary honey   |        |

### GOT BEEF?

|   |        |
|---|--------|
| <b>Cheese Burger</b> .....  | \$9.25 |
| Tomato, green leaf lettuce, dill pickled English cucumber and Canteen's Secret Sauce on a Brioche bun |        |
| <b>Mushroom Swiss Burger</b> .....  | \$9.25 |
| Caramelized onions, spinach leaves and lemon aioli on a Brioche bun                                   |        |
| <b>Bacon Bleu Burger</b> .....  | \$9.25 |
| Gorgonzola, arugula and roasted garlic aioli on a Brioche bun   |        |

\* BURGERS ARE COOKED MEDIUM WELL, \*  
CONSUMING RAW/RARE BEEF IS RISKY BUSINESS

### GO GREEN

|   |        |
|---|--------|
| <b>Popeye</b> .....   | \$9.95 |
| Baby spinach, feta cheese, crispy bacon, hard boiled egg, cherry tomato with balsamic vinaigrette                                 |        |
| <b>Rustic</b> .....   | \$9.95 |
| Baby spinach, mozzarella, cherry tomato, seasoned croutons with basil Parmesan pesto dressing                                     |        |
| <b>True Greek</b> .....   | \$9.95 |
| Romaine hearts, feta cheese, cucumber, red onion, cherry tomato, Kalamata olives with red wine herb vinaigrette                   |        |
| <b>Harvest</b> .....  | \$9.95 |
| Mixed greens, Gorgonzola cheese, apples, pears, candied walnuts with white balsamic vinaigrette                                   |        |
| <b>Border</b> .....   | \$9.95 |
| Romaine leaves, feta cheese, avocado, grilled corn, red onion, tortilla strips with chipotle-Caesar dressing                      |        |
| <b>Greenhouse</b> .....   | \$9.95 |
| Mixed greens, carrot, celery, cucumber, tomato, alfalfa sprouts, garbanzo beans with honey Dijon vinaigrette                      |        |
| <b>Club</b> .....   | \$9.95 |
| Romaine hearts, Gorgonzola cheese, bacon, cherry tomato, seasoned croutons with creamy lemon aioli dressing                       |        |
| <b>Chef</b> .....   | \$9.95 |
| Romaine hearts, cooper sharp cheese, ham, turkey, hard boiled egg, cherry tomato, cucumber, seasoned croutons with ranch dressing |        |
| <b>Kale</b> .....   | \$9.95 |
| Baby kale, spinach, carrot, craisin, golden raisin, red onion, almond sesame brittle, goat cheese with white balsamic dressing    |        |

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|--|--------|
| * SOMETHING MISSING FROM YOUR SALAD? *   |        |
| Add Grilled Chicken, Roasted Turkey, Beef Patty, Herb Tuna Salad, Vegan Quinoa Salad or Falafel to any salad ..... | \$2.25 |
| Add Bacon, Sunny Side Up or Hard Boiled Egg to any salad .....   | \$1.25 |

### LAST BUT NOT LEAST

|   |        |
|---|--------|
| <b>Texas Toast Grilled Cheese with spicy ketchup</b> .....        | \$5.95 |
| Add tomato, bacon or ham .....                                    |        |
| <b>Daily Soup, served with bread</b> .....                        | \$4.95 |
| <b>French Fries</b> .....   | \$3.50 |
| Add cheese wiz, old bay, or spicy ketchup .....                   |        |
| <b>Truffle Oil Parmesan French Fries</b> .....                    | \$4.95 |
| <b>Homemade Potato Chips</b> .....                                | \$3.50 |
| <b>Small Side Salad</b> .....                                     | \$3.95 |
| Greens, carrots, celery, cucumber, tomato, with balsamic dressing |        |
| <b>Chocolate Chip or Oatmeal Raisin Cookie</b> .....              | \$.75  |
| <b>Double Chocolate Cookie</b> .....                              | \$.75  |
| <b>Peanut Butter Cup Cookie (Big)</b> .....                       | \$1.50 |
| <b>White Chocolate Macadamia Cookie (Big)</b> .....               | \$1.25 |



**REAL FOOD.  
REAL PEOPLE.**