

## HOT & COLD BEVERAGES

### Traditional

Espresso, 2oz	2.75
Cappuccino, 8oz	4.00

12oz / 16oz / 20oz

Americano	3.00 / 3.25 / 3.75
Latte	4.25 / 4.75 / 5.25
Mocha	4.75 / 5.25 / 5.75

### Flavors

<b>In House</b>	<b>+.50</b>
Vanilla - Almond - Hazelnut - Caramel - Chocolate - vegan chocolate	
<b>Other</b>	<b>+.50</b>
Raspberry - Cardamom - Mint - Lavender - Real Maple Syrup - Honey	

### Brewed Coffee

Ready To Go	2.75 / 3.00 / 3.25
*refill	.50
By The Cup	Market Price
Cold Brew	3.25 / 3.75 / 4.25
Nitro On Tap, 10oz	4.00

### Other

<b>House Made Chai Latte</b>	<b>4.25 / 4.75 / 5.25</b>
Hot or Cold	
Matcha Latte, 12oz	6.00
Golden Milk, 12oz	4.00
Tea	2.75 / 3.00 / 3.25
Tea Latte	4.00 / 4.50 / 5.00
Smoothie	4.50 / 5.00 / 5.50
Strawberry, raspberry, mango, banana, 4-berry	
Frappe	4.50 / 5.00 / 5.50
Kombucha	Market Price
Hot Chocolate	2.75 / 3.25 / 3.75

### Kids

Hot Chocolate	2.00
Smoothie, 6oz	2.50

### Milks

Whole/Skim	included
Coconut, Almond, Soy, Oat	+.75

## HOT & COLD SANDWICHES

### LUNCH

<b>Grab and Go Ciabatta Sandwich</b>	<b>3.25</b>
turkey or ham, cheese, lettuce	

<b>Homemade Soup</b>	<b>3.95 cup 5.95 bowl</b>
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<b>Chicken Fajita Wrap</b> +	<b>8.95</b>
A Park Bench original! Chicken, house salsa, shredded cheese, sour cream, and lettuce	

<b>Smoked Salmon Wrap</b> +	<b>11.95</b>
A Park Bench original! Featuring Northern Waters Smoked Salmon and Grandma Betty's tartar sauce, pecans, cucumbers, sprouts, sour cream spread on a naan flat bread.	

<b>Raspberry Naan</b> +	<b>8.95</b>
chicken, sausage, house raspberry jalapeno sauce, pepper jack cheese and spinach	

<b>Hummus Naan</b> +	<b>8.95</b>
Your choice of vegetables topped with a generous portion of hummus and fresh spinach	

<b>Cherry Ham Panini</b> +	<b>7.95</b>
thick sliced smoked ham, bacon, dark cherries in cherry sauce, with cream cheese spread on a ciabatta	

<b>Superior Grilled Cheese</b> +	<b>6.95</b>
A classic grilled cheese with our house garlic cream cheese, mozzarella and cheddar	

<b>Chicken Gyro Flatbread</b>	<b>8.95</b>
house tzatziki sauce, chicken, red onion, tomato, feta and mozzarella cheese	

<b>Tour de Italia</b>	<b>8.95</b>
house tomato sauce, generous amount of pepperoni, mozzarella cheese, feta, seasoning, tomatoes and red onions	

<b>Hummus Platter</b>	<b>8.95</b>
toasted naan and crisp vegetables cut to dip with an ample supply of hummus	

+ Add chips/pickle or banana or apple slices +1.50

Convert any sandwich to a salad +2.00

## BAKERY, BREAKFAST & MORE

### Breakfast

<b>Bagel Toasted with Butter</b>	<b>2.75</b>
Plain or Everything	
Add cream cheese	+.75

<b>Burrito</b>	<b>7.95</b>
bacon or sausage, veggies, egg, cheese	
Add sour cream or house salsa or jalapenos	+.50

<b>Epic Pretzel Bun Sandwich</b>	<b>5.95</b>
egg, cheese (cheddar or pepper jack), red onions, mushrooms, tomatoes and bell peppers	
Add bacon or sausage	+2.00

<b>Burrito Grab and Go</b>	<b>5.50</b>
bacon or sausage, egg, cheese, potato, seasoning	
Add sour cream or salsa	+.50

<b>Hearty Oats with Fruit</b>	<b>3.50</b>
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<b>Avocado Toast</b>	<b>4.00</b>
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### Bakery

<b>Cookie</b>	<b>2.00</b>
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Peanut Butter (Gluten Free), Monster Cookie, Chocolate Chip

<b>Scones</b>	<b>2.00</b>
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Blueberry, Raspberry White Chocolate, Honey Cinnamon (Gluten Free)

### DINNER

Thursdays, open until 9 pm

<b>Gourmet Tacos</b>	<b>3 for 9.95</b>
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<b>Nacho Plate</b>	<b>12</b>
Add salsa	+1.50
Add guacamole	+2.50

<b>Handcrafted Flatbread</b>	<b>9.95</b>
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<b>Specialty Hors d'oeuvre</b>	<b>Market Price</b>
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### Dessert

<b>Ice Cream</b>	<b>3.95</b>
Low Creamery single serve with a variety of flavors—seasonal	