



Breakfast

Continental Breakfast Service

Premium Coffee Service accompanied by a Delicious assortment of morning pastries Muffins scones and fresh bagels all made daily.

\$ 5.99

Deluxe Breakfast Service

Our full Continental Breakfast and Premium Coffee Service perfected with a delicious fruit salad cut fresh and Bottled Juice daily.

\$ 9.99

Premium Coffee Service

\$ 2.50

Hot Tea Service

\$ 2.50

Healthy Break Service (AM OR PM)

\$ 9.99

Premium Coffee Service complimented by a healthy serving of granola yogurt parfait, Whole Fruit and bottle juice or soft drinks.

Hot breakfast sandwiches

Serve on Bagels, Croissant, English Muffins or Toast

Egg & Cheese

\$ 4.99

Bacon Egg & Cheese

\$ 6.49

Bacon ,Egg, Pepper Jack Cheese, Green Pepper, Onion, Tomato and salsa on side

Sausage Egg & Cheese

\$ 6.49

Sausage ,Egg, Pepper Jack Cheese, Green Pepper, Onion, Tomato and salsa on side

Ham Egg & Cheese

\$ 6.49

Ham ,Egg, Pepper Jack Cheese, Green Pepper, Onion, Tomato and salsa on side

Turkey Sausage Egg & Cheese

\$ 6.99

Turkey Sausage,Egg, Pepper Jack Cheese, Green Pepper, Onion, Tomato and salsa on side

Mediterranean Breakfast Sandwich

\$ 6.49

Egg, Cheddar cheese, Spinach, Tomato and Basil pesto on Ciabatta bread



Breakfast burrito

Egg & Cheese

Egg, Pepper Jack Cheese, Green Pepper, Onion, Tomato and salsa on side

\$ 6.49

Bacon Egg & Cheese

Bacon ,Egg, Pepper Jack Cheese, Green Pepper, Onion, Tomato and salsa on side

\$ 6.49

Sausage Egg & Cheese

Sausage ,Egg, Pepper Jack Cheese, Green Pepper, Onion, Tomato and salsa on side

\$ 6.49

Ham Egg & Cheese

Ham ,Egg, Pepper Jack Cheese, Green Pepper, Onion, Tomato and salsa on side

\$ 6.49

Turkey Sausage Egg & Cheese

Turkey Sausage,Egg, Pepper Jack Cheese, Green Pepper, Onion, Tomato and salsa on side

\$ 6.99

sandwiches tray

Tuna Salad Sandwich

\$ 8.49

Chicken Salad Sandwich

\$ 8.49

Shrimp Salad Sandwich

\$ 9.75

Caprese Sandwich(Vegetarian)

\$ 8.49

Fresh Mozzarella ,Tomato ,Lettuce, Spinach , Sundried tomato pesto on ciabatta bread.

Power House Sandwich (Vegetarian)

\$ 8.99

Muenster Cheese, Hummus, Lettuce, Tomato, Red Onion, Cucumber, Green Pepper on Multigrain Bread

Mediterranean Veggie Sandwich(Vegetarian)

\$ 8.99

Feta Cheese, Lettuce, Tomato , Onion, Spinach, Cucumber, Green pepper ,Roasted Red Pepper , Basil pesto on Ciabatta bread.

Turkey & Cheese Sandwich

\$ 8.49

Ham & Cheese Sandwich

\$ 8.49

Curry Chicken Salad Sandwich

\$ 8.49

Italian Cold Cut Sandwich

\$ 8.99

Egg Salad Sandwich

\$ 8.49

Croissant with Chicken Salad Basil Pesto Sandwich

\$ 8.99

Pocket pita with Chicken Salad, Bacon, Avocado, Lettuce, Tomato Sandwich

\$ 9.49



Specialty ciabatta sandwiches

Turkey Feta Cheese with Basial pesto lettuce and tomato Lunch Box

Includes Sandwich or Wrap, Chips, Cookie
& can soda or Bottle water

\$ 13.49

Chipotle Chicken with Bacon Sandwich

\$ 8.99

Frontega Chicken Sandwich

\$ 8.99

Ham & Swiss With apples and Honey Mustard Sandwich

\$ 8.99

Spicy Turkey & Pepper Jack with Avocado & Spicy secret Sauce WrapSpicy Turkey & Pepper Jack with Avocado & Spicy secret Sauce Sandwich

\$ 8.99

Roast beef & Cheddar Sandwich

\$ 8.99

Roast beef & Cheddar Sandwich

\$ 8.99

Wraps tray

Shrimp Salad

\$ 9.75

Buffalo Chicken

\$ 8.49

Chicken Bacon Cheddar Ranch

\$ 8.99

Turkey Bacon Cheddar Ranch

\$ 8.99

Grinds Famous Chicken Apple Cranberry

\$ 9.49

Grilled Chicken, Blue Cheese, Apples, Dried
Cranberry , Walnut and Balsamic
Vinaigrette on side

Roast beef & Cheddar Lunch Box

\$ 12.99

Roast Beef Cheddar Lettuce Tomato Onion
and Tiger Sauce
Includes Sandwich or Wrap, Chips, Cookie
& can soda or Bottle water

Asian Sesame Ginger Chicken

\$ 8.99

Falafel Wrap(vegetarian)

\$ 9.49

Falafel Balls, Romaine, Chick peas,
Avocado, Peanuts, Grape Tomato, Green
Pepper crunchy Wonton Strips and our
special falafel dressing.

Chipotle Veggie Pattie(Vegetarian) (\$8.99)

\$ 8.99

Chipotle Veggie Pattie , American Cheese,
Spinach Tomato & Southwest Chipotle
Sauce on side

Tuna Salad Wrap

\$ 8.49

Curry Chicken Wrap

\$ 8.49

Turkey & Cheese Wrap-

\$ 8.49



Wraps Tray

Italian Cold Cut Wrap

\$ 8.99

Spicy Turkey & Pepper Jack with Avocado & Spicy secret Sauce Wrap

\$ 9.49

Roast beef & Cheddar Wrap

\$ 8.99

hot toasted sandwich tray

Tuna Melt

\$ 8.49

Grind's Special Tuna Salad, Cheddar
Cheese on Toasted Ciabatta

Turkey & Brie

\$ 8.49

Turkey, Brie Cheese, Fuji Apples and
Honey Mustered on Side on Toasted
Ciabatta

Chicken Cordon Blue

\$ 8.99

Marinated Chicken, Ham, Swiss cheese,
Lettuce, Tomato, Onion, Green Pepper and
Honey on Toasted Ciabatta

Turkey, Bacon & Cheddar Melt

\$ 8.99

Turkey, Bacon, Cheddar, Lettuce, Tomato,
Onion & Grind's Special Sundried Tomato
Pesto on Toasted Ciabatta

Chicken Pesto

\$ 8.49

Grilled Chicken, Mozzarella Cheese, Basil
leaves, Basil Pesto on Toasted Ciabatta
Bread

Cheese Steak

\$ 9.49

Steak, Provolone Cheese, Lettuce, Tomato,
Onion and on Toasted Ciabatta Mayo or
Horseradish on Side

Roast beef & Cheddar Lunch Box

\$ 12.99

Roast Beef Cheddar Lettuce Tomato Onion
and Tiger Sauce
Includes Sandwich or Wrap, Chips, Cookie
& can soda or Bottle water

Rueben

\$ 9.99

Corn Beef, Swiss Cheese, Cole slaw &
Thousand Island Dressing On Toasted
Ciabatta

Turkey Rueben

\$ 8.99

Turkey, Swiss Cheese, Cole slaw &
Thousand Island Dressing On Toasted
Ciabatta

Cajun Turkey With Avocado

\$ 9.49

Turkey, Pepper Jack Cheese, Avocado,
Lettuce, Tomato & Grind's Special Spicy
Cajun Secret Sauce on Toasted ciabatta.



Hot Toasted Sandwich tray

Mediterranean Chicken Flatbread Sandwich

\$ 8.99

Grind's Marinated Chicken , hummus, feta, cucumber, Red Onion, leaf lettuce with tzatziki sauce on Toasted flatbread

Salmon Club with Bacon

\$ 12.99

Grilled Salmon Bacon Lettuce Tomato & Sundried tomato pesto on toasted ciabatta.

Chicken Tikka Masala

\$ 9.49

Chipotle Veggie Burger(Vegetarian)

\$ 8.99

Falafel Sandwich(Vegetarian)

\$ 8.49

Paneer Tikka Masala(Vegetarian)

\$ 9.49

Grind's famous salads

Chicken Caesar

\$ 8.99

Marinated Chicken, Romaine, Grape Tomato, Parmesan Cheese, Croutons and Caesar dressing

Chicken Salad Platter

\$ 8.99

Grinds Special Chicken Salad, Romaine, Grape tomato , Cucumber, Carrots and Cauliflower and dressing on side

Tuna Salad Platter

\$ 8.99

Grinds Famous Tuna Salad, Romaine, Grape tomato , Cucumber, Carrots and Cauliflower and dressing on side

Curry Chicken Salad Platter

\$ 8.99

Curry Chicken Salad, Romaine, Grape tomato , Cucumber, Carrots and Cauliflower and dressing on side

Asian Sesame Ginger Chicken Salad

\$ 9.49

Marinated Chicken, Romaine, Grape Tomato, Mandarin Orange, Sesame Seed, Cilantro, Wonton Strips and Asian sesame dressing

Buffalo Chicken Salad Platter

\$ 9.99

Buffalo Chicken, Romaine, Grape Tomato, Bacon Bits, Hard Boiled Eggs, Avocado, Croutons and ranch dressing



Grind's Famous Salads

Grinds Famous Strawberry Poppy seed Chicken Salad

\$ 10.49

Marinated Chicken, Romaine, Strawberry, Blueberry, Mandarin Orange, Pineapple, Grape tomato, Walnut and Honey Mustard with poppy seed.

Turkey Chop Salad

\$ 9.99

Chicken W/ Blue Cheese, Apple & Crasin Salad

\$ 9.99

Marinated Chicken, Romaine, Grape Tomato, Red apple, Crasin, Blue Cheese, Pecan and Choice of your dressing

Grind's Famous Morrocan Chicken Salad

\$ 10.49

Marinated Chicken, Romaine, Grape tomato, avocado, Eggs, Dates, Crasin, Peanuts

Salmon Caesar Salad

\$ 12.99

Grilled Salmon, Romaine, Grape Tomato, Parmesan Cheese, Croutons and Caesar dressing



Quesadillas

Chicken Quesadilla

Marinated Chicken, Mexican Cheese,
Green Papers, Red Onion, Sour Cream
,Grind's Special Chipotle Sauce on side

\$ 9.99

Veggie Quesadilla

Mexican Cheese, Green Papers, Red Onion,
Spinach, Tomato Sour Cream &
Grind's Special Chipotle Sauce onside
(Recommended)

\$ 9.99

Steak quesadilla

Steak, Mexican Cheese, Green Papers, Red
Onion, Sour Cream ,Grind's Special Chipotle
Sauce on side
Extra .50 cents (Recommended)

\$ 11.49

Shrimp Quesadilla

Shrimp, Mexican Cheese, Green Papers,
Red Onion, Sour Cream, Grind's Special
Chipotle Sauce on side
Extra .50 cents (Recommended)

\$ 11.49

Sandwich lunch box

Turkey & Cheese Lunch Box

Includes Sandwich or Wrap, Chips, Cookie
& can soda or Bottle water

\$ 11.99

Ham & Cheese Lunch Box

Includes Sandwich or Wrap, Chips, Cookie
& can soda or Bottle water

\$ 11.99

Tuna salad Lunch Box

Includes Sandwich or Wrap, Chips, Cookie
& can soda or Bottle water

\$ 11.99

Chicken Salad Lunch Box

Includes Sandwich or Wrap, Chips, Cookie
& can soda or Bottle water

\$ 11.99

Curry Chicken Salad Lunch Box

Includes Sandwich or Wrap, Chips, Cookie
& can soda or Bottle water

\$ 11.99

Italian Cold Cut Lunch Box

Includes Sandwich or Wrap, Chips, Cookie
& can soda or Bottle water

\$ 11.99

Egg Salad Lunch Box

Includes Sandwich or Wrap, Chips, Cookie
& can soda or Bottle water

\$ 11.99

Croissant with Chicken Salad Basil Pesto Lunch Box

Includes Sandwich or Wrap, Chips, Cookie
& can soda or Bottle water

\$ 12.49

Roast beef & Cheddar Lunch Box

Roast Beef Cheddar Lettuce Tomato
Onion and Tiger Sauce
Includes Sandwich or Wrap, Chips, Cookie
& can soda or Bottle water

\$ 12.99



Sandwich Lunch Box

Pocket pita with Chicken Salad, Bacon, Avocado, Lettuce, Tomato Lunch Box

Includes Sandwich or Wrap, Chips, Cookie & can soda or Bottle water

\$ 13.49

Chipotle Chicken with Bacon Lunch Box

Includes Sandwich or Wrap, Chips, Cookie & can soda or Bottle water

\$ 12.99

Frontega Chicken Lunch Box

Includes Sandwich or Wrap, Chips, Cookie & can soda or Bottle water

\$ 12.99

Ham & Swiss With apples and Honey Mustard Lunch Box

Includes Sandwich or Wrap, Chips, Cookie & can soda or Bottle water

\$ 12.99

Spicy Turkey & Pepper Jack with Avocado & Spicy secret Sauce Lunch Box

Includes Sandwich or Wrap, Chips, Cookie & can soda or Bottle water

\$ 13.49

Turkey Feta Cheese with Basial pesto lettuce and tomato Lunch Box

Includes Sandwich or Wrap, Chips, Cookie & can soda or Bottle water

\$ 13.49

Caprese Sandwich(Vegetarian) Lunch Box

Includes Sandwich or Wrap, Chips, Cookie & can soda or Bottle water

\$ 11.99

Power House Sandwich (Vegetarian) Lunch Box

Includes Sandwich or Wrap, Chips, Cookie & can soda or Bottle water

\$ 11.99

Mediterranean Veggie Sandwich(Vegetarian) Lunch Box

Includes Sandwich or Wrap, Chips, Cookie & can soda or Bottle water

\$ 13.49

Chipotle Veggie Pattie(Vegetarian) Lunch Box

Includes Sandwich or Wrap, Chips, Cookie & can soda or Bottle water

\$ 12.99



Wrap lunch box

Tuna Salad Wrap Lunch Box

Includes Sandwich or Wrap, Chips, Cookie & can soda or Bottle water

\$ 11.99

Chicken Salad Wrap Lunch Box

Includes Sandwich or Wrap, Chips, Cookie & can soda or Bottle water

\$ 11.99

Curry Chicken Salad Wrap Lunch Box

Includes Sandwich or Wrap, Chips, Cookie & can soda or Bottle water

\$ 11.99

Shrimp Salad Wrap Lunch Box

Includes Sandwich or Wrap, Chips, Cookie & can soda or Bottle water

\$ 13.49

Turkey & Cheese Wrap Lunch Box

Includes Sandwich or Wrap, Chips, Cookie & can soda or Bottle water

\$ 11.99

Buffalo Chicken Wrap Lunch Box

Includes Sandwich or Wrap, Chips, Cookie & can soda or Bottle water

\$ 11.99

Chicken Bacon Cheddar Ranch Wrap Lunch Box

Includes Sandwich or Wrap, Chips, Cookie & can soda or Bottle water

\$ 12.99

Turkey Bacon Cheddar Ranch Wrap Lunch Box

Includes Sandwich or Wrap, Chips, Cookie & can soda or Bottle water

\$ 12.99

Grinds Famous Chicken Apple Cranberry Wrap Lunch Box

Includes Sandwich or Wrap, Chips, Cookie & can soda or Bottle water

\$ 12.99

Asian Sesame Ginger Chicken Wrap Lunch Box

Includes Sandwich or Wrap, Chips, Cookie & can soda or Bottle water

\$ 12.99

Spicy Turkey & Pepper Jack with Avocado & Spicy secret Sauce Lunch Box

Includes Sandwich or Wrap, Chips, Cookie & can soda or Bottle water

\$ 13.49

Roast beef & Cheddar wrap Lunch Box

Includes Sandwich or Wrap, Chips, Cookie & can soda or Bottle water

\$ 12.99

Chicken Avocado Wrap Lunch Box

Includes Sandwich or Wrap, Chips, Cookie & can soda or Bottle water

\$ 12.99

Falafel Wrap(vegetarian) Lunch Box

Includes Sandwich or Wrap, Chips, Cookie & can soda or Bottle water

\$ 12.99

Asian Tofu Wrap (Vegetarian) Lunch Box

Includes Sandwich or Wrap, Chips, Cookie & can soda or Bottle water

\$ 12.99

Chipotle Veggie Pattie(Vegetarian) Lunch Box

Includes Sandwich or Wrap, Chips, Cookie & can soda or Bottle water

\$ 12.99



Ala carte

Chips	\$ 1.99	Hummus & Pita Tray	\$ 4.99
Brownie Tray Fresh out the oven brownie filled with dark chocolate chips & walnuts	\$ 2.99	Bottle Water	\$ 1.75
Cookie Tray	\$ 2.50	Can Soda	\$ 1.75
Fruit Salad Cup or Bowl	\$ 3.99	Bottle Juice	\$ 1.99
Yogurt Parfaits	\$ 3.99		
Cheese Tray	\$ 3.99		