Breakfast

Fruit & Yogurt Bar 4.95

1. Choose:
   - Vanilla Yogurt
   - Plain Yogurt
   - Bircher Muesli
   - Fresh Fruit
2. Pick:
   - Peaches
   - Strawberries
   - Blueberries
   - Cherries
   - Rhubarb
   - Kiwi
3. Toppings:
   - Granola
   - Brown Sugar
   - Flaxseed
   - Raisins
   - Goji Berries
   - Whipped Cream

Cereal, Fruit & Yogurt

Steel-Cut Oatmeal 2.95
Bircher Muesli 3.95
Canteen Fruit Cup..... 3.95
Yogurt - Low Fat or Vanilla 3.95

Juice

Fresh-Squeezed Orange Juice 2.95

Breakfast Sandwiches

Bacon, Egg & Cheese Panini..... 4.95
Ham & Cheese Croissant 4.95
Corned Beef Hash & Egg Panini ... 4.95
The Local..... 4.95
Country Ham, Cheddar Cheese, Egg, English Muffin

Canteen Hot Breakfast 7.95

Soft Scrambled Eggs, Sausage or Bacon, Hash Browns & Rustic Toast

Scrambled Eggs 3.95

Quiche

Quiche Lorraine - Bacon & Cheese..... 4.50
Vegetable Quiche..... 3.95

Sides

Bagel 1.95
English Muffin 1.25
Toast..... .95
Bacon..... 2.95
Sausage..... 2.95
Hash Browns 1.95

Warm Breakfast Buns

Freshly baked from scratch

Pecan Sticky Buns

3.50

Rolled Cinnamon Buns

2.95

Coffee & Tea

Proudly serving Metropolis Coffee

	12 OZ	16 OZ
Regular and Decaf	1.60	1.80
Café Au Lait	2.25	2.60
Espresso	1.65	1.95
Cappuccino	2.85	3.40
Latte	2.85	3.40
Mocha	3.00	3.60
Hot Tea	1.95	