

Vegetarian Options

✓ **Spicy Black Bean Veggie Burger 8.75**
With lettuce, tomato, onion and sprouts

✓ **Veggie Sandwich or Wrap 5.45**
Choice of hummus or pesto and ALL the vegetables

Veggie Sandwich or Wrap 5.45
Choice of cream cheese or deli cheese and ALL the vegetables

Cheese Pizza 4.95

Veggie Pizza Bagel 5.60

Bagel with Black Bean Hummus 3.10

Salads

✓ **Veggie Salad**
Small 3.95.....Large 6.25
Mixed greens with cucumber, tomato, croutons, onion, sprouts, peppers and choice of dressing

Trio Salad Plate 6.65
Choice of chicken or tuna salad on a bed of lettuce with tomato and side of pesto and potato salad

Club Salad 9.30
Large mixed greens with turkey, swiss cheese, bacon, diced tomato, cucumber, onion and ranch dressing

Greek Salad
Small 4.95.....Large 8.00
Mixed greens tossed in feta greek dressing with cucumber, onion and tomato topped with kalamata olives and feta cheese

Lunch Sides

✓ Fresh Fruit.....3.25
Pasta Salad.....1.35
Potato Salad.....1.35
House Chips.....1.00
Deep River Chips.....1.35

Lunch Extras

Cheese.....75¢
Meat....per oz.....1.00
Lox.....1 oz.....2.50
Veggies.....30¢
Scoop of chicken or tuna salad.....3.50
Add bacon.....1.70

•To-Go Boxes Available•

Beverages

All Natural Smoothies.....5.25 & up
Iced Tea.....2.50
Juice.....2.75
Organic Hot Teas.....2.50
Hot Chocolate.....2.75
Iced Coffee.....2.50
Fountain Drinks.....2.50
Bottled Water.....2.00
Milk.....2.50

Coffee & Espresso

Large is 16 oz

Fair trade, organic coffee.....2.75
Chai Latte.....4.00
Double Shot Espresso.....2.00
Cappucino.....4.00
Latte.....4.00
Mocha.....4.60

Add espresso shot 1.00

Add a flavor 60¢

Add almond milk or half & half 60¢



BLUE ZONES PROJECT
by sharecare



College Plaza

273 N. Broad St.

Brevard, NC

(Across from Brevard College)

828-884-3331

OPEN

MONDAY-SATURDAY

7:00 am - 2:30 pm

Catering Available for
Breakfast, Lunch & Parties



Blue Zones Project® is a community-led wellness initiative to make healthy choices easier. Look for the blue checkmark for great tasting plant-based items. To learn more please visit brevard.bluezonesproject.com

LIVE LONGER, BETTER®

Bagels

- Plain • Cinnamon Raisin • Asiago • Blueberry • Sesame • Everything • Eight Grain

- Single.....1.90
- 1/2 Dozen.....10.00
- Baker's Dozen.....18.00

Flavored Cream Cheeses

- Strawberry • Honey Walnut • Veggie • Garlic, Herb & Onion • Sundried Tomato & Spinach • Bacon Scallion • Spinach Jack

- Bagel + Plain Cream Cheese.....2.75
- Bagel + Flavored Cream Cheese.....2.90
- Bagel + Butter.....2.40
- Bagel + Peanut Butter.....2.50

Cream Cheese To Go

- Plain.....2oz...85¢.....8oz...3.50
- Flavored.....2oz...1.00.....8oz...4.25

Breakfast Sandwiches

***Breakfast Sandwich**

- 2 eggs, cheese, choice of ham, bacon or sausage
- Bagel or Bread.....6.35
- Biscuit or English Muffin (1 egg).....4.70

***Breakfast Burrito 7.30**

- Flour tortilla with 2 eggs, ham, salsa, pepper jack and cheddar cheese

***Burrito Supreme 7.65**

- Jalapeño cheddar tortilla with 2 eggs, sausage, salsa, home fries, pepper jack and cheddar cheese

***Veggie Brunch Burrito 5.85**

- Flour tortilla with 2 eggs, onion, tofu, spinach, cheddar cheese, potato and ranch

Breakfast Specials

 **Bliss Brunch 6.75**

- Sauteed tofu, garlic, onions, black beans, potatoes, avocado, fresh spinach with hummus in a whole wheat tortilla

 **Southwest Plate 4.00**

- Potatoes, beans, peppers, onions, topped with salsa and nutritional yeast
- Add tofu 1.50
- Add plant-based sausage 1.95

 **Veggie Plate 4.20**

- Sauteed veggies over diced potatoes or grits
- Add tofu 1.50
- Add plant-based sausage 1.95

***Basic Breakfast 8.60**

- 2 eggs, home fries or grits, choice of bacon, sausage or ham, choice of muffin, toast, biscuit or bagel with butter

***Omelet 6.60**

- 3 eggs, home fries or grits, choice of muffin, toast, biscuit or bagel with butter
- Add meat 1.70
- Add cheese 75¢
- Add veggies 30¢
- (Spinach, tomato, onion, mushrooms, peppers, jalapeños)

Breakfast Nachos 5.95

- Plate of home fries, diced sausage, melted cheddar and ranch


***Southwest Bean Nachos 6.45**

- Scrambled eggs mixed with black beans, peppers, onions, cheddar cheese, ranch and salsa on a plate of potatoes

4 Pancakes 5.00

- Butter & syrup

Breakfast Extras

-  Side of plant-based sausage.....3.90
- *1 egg.....1.00
- Side of ham, bacon or sausage.....3.40
- Home fries.....1.50
- Toast.....1.50
- Biscuit.....1.25
- English muffin.....1.25
- Grits.....cup 1.50.....bowl 2.00
- Oatmeal.....cup 2.00.....bowl 3.00

Beyond Bagels

Quiche 3.85

- Add home fries 1.50
- Add soup or salad 3.75

Soup of the Day


- Cup 3.75 • Bowl 5.50

Lunch Sandwiches


Deli Style 6.40

- Bagel, Bread or Wrap + Meat + Cheese (+.75)

Bread Choices

-  Sourdough • Marble Rye • Country White • Wheatberry • Gluten Free (+.50) • Focaccia (+.50)

Wrap Choices

-  Whole Wheat • Spinach • Tomato Basil • Flour • Jalapaño Cheddar

Meat Choices

- Turkey • Ham • Roast Beef
- Scoop of chicken or tuna salad (+.50)
- Comes with lettuce tomato, onions and sprouts

Cheese Choices

- American • Swiss • Provolone • Cheddar • Pepper Jack • Cream Cheese

Specialty Sandwiches

Club Bagel 7.95

- Tukey, bacon, Swiss cheese, lettuce and mayo

Pepperoni Pizza Bagel 6.45

Pepper Jack Tuna Melt 7.50

- Topped with diced tomato

Spinach Melt Bagel 5.85

- Spinach, pepper jack and melted cream cheese topped with tomato and sprouts

Lox Works 11.00

- Lox, plain cream cheese, tomato, onions and capers on an open faced bagel

*Consuming raw or undercooked eggs may increase your risk of food-borne illness