Fresh Juice Bar

ABC JUICE $5.95
apple, beet, carrot

APPLE, BERRY JUICE $5.95
apple, blueberry, raspberry, strawberry

BEAUTY JUICE $5.95
apple, carrot, celery, orange

CIBO JUICE $5.95
apple, carrot

CLEANSE JUICE $5.95
apple, beet, carrot, parsley

GREEN CIBO JUICE $5.95
apple, cucumber, lemon, spinach

GINGER PUNCH JUICE $5.95
apple, cucumber, lemon, spinach

HEARTY JUICE $5.95
carrot, celery, spinach, tomato

SUPER SIX JUICE $5.95
apple, beet, carrot, celery, cucumber, ginger

Coffee & Tea SMALL / LARGE
COLOMBIAN
COFFEE $1.50 / $1.95
TEA $1.50 / $1.95
HOT CHOCOLATE $2.50 / $3.00
ICED COFFEE $2.00 / $2.50
ICED TEA $2.50 / $3.00
unsweetened, blueberry pineapple, mint lemonade, honey green tea
FRESH SQUEEZED ORANGE JUICE $3.50

Beverage Bar

Small 12oz. / Large 16oz.
Signature Soup

SMALL 12 OZ, LARGE 16 OZ
chicken noodle, daily special

$3.50 / $4.00

Cold Cut Sandwich

BLACK FOREST HAM $5.25 / $6.25
BOILED HAM $4.25 / $5.25
CAPICOLA $5.25 / $6.25
CHICKEN BREAST $5.25 / $6.25
GENOA SALAMI $4.95 / $5.95
HONEY TURKEY $5.50 / $6.50
HUMMUS $4.25 / $5.25
PEPPER TURKEY $5.50 / $6.50
PROSCIUTTO $5.75 / $6.75
ROAST BEEF $5.75 / $6.75
ROAST TURKEY $5.50 / $6.50
SMOKED TURKEY $5.50 / $6.50
VIRGINIA HAM $5.25 / $6.25

Cheese Sandwich

ROLL, SLICE BREAD / HERO, WRAP

AMERICAN $3.95 / $4.95
CHEDDAR $4.25 / $5.25
MOZZARELLA $4.25 / $5.25
PEPPER JACK $4.25 / $5.25
PROVOLONE $4.25 / $5.25
SWISS $4.25 / $5.25

SANDWICH BAR
**Signature Poke Bowl**

**HAWAII STYLE**
ahi tuna, cucumber, chopped lettuce, grilled onion, mango, masago, seaweed salad, sesame oil, poke sauce

$9.95 / $10.95

**CIBO CRUNCH COLD STYLE**
salmon, cucumber, chopped lettuce, grilled onion, fried garlic, masago, sriracha spicy sauce, wonton crisp

$9.95 / $10.95

**SHRIMP WASABI STYLE**
shrimp, cucumber, chopped lettuce, grilled onion, mango, masago, seaweed salad, wasabi sauce

$9.95 / $10.95

**SNOW CRAB STYLE**
snow crab, cucumber, chopped lettuce, grilled onion, mango, masago, seaweed salad, special poke sauce

$10.95 / $11.95

**SPICY SALMON STYLE**
salmon, cucumber, chopped lettuce, grilled onion, jalapeno, masago, seaweed salad, sesame oil, spicy sauce

$9.95 / $10.95

**VEGGIE COLD STYLE**
tofu, cucumber, chopped lettuce, grilled onion, mango, masago, seaweed salad, sesame oil, poke sauce

$8.95 / $9.95

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**Poke Bowl**

**BYOB (BUILD YOUR OWN BOWL)**

**BASE**
brown rice, salad, white rice, wrap

$9.95 / $10.95

**PROTEIN**
- TUNA, SALMON, SHRIMP, TOFU,
- SNOW CRAB

$0.00 / $0.00

$0.00 / $0.00

$0.50 / $0.50

$1.00 / $1.00

$1.00 / $1.00

**VEGGIE AND TOPPING**

5 ITEMS

$0.00 / $0.00

6 ITEMS

$0.50 / $0.50

7 ITEMS

$1.00 / $1.00

AVOCADO

$1.00 / $1.00

---

**BOWL BAR**
**Signature Hot Bowl**

- **BEEF BI BIM BOB STYLE**
  - beef, broccoli, carrot, chopped lettuce, cucumber, garlic, grilled onion, poached egg, seaweed, korean spicy sauce
  - $8.95 / $9.95

- **CIBO PORK CRUNCH STYLE**
  - marinated pork, broccoli, carrot, grilled onion, cucumber, fried garlic, chopped lettuce, siracha spicy sauce, wonton crisp
  - $8.95 / $9.95

- **CHICKEN CURRY STYLE**
  - deep fried chicken, broccoli, carrot, chopped lettuce, grilled onion, curry
  - $9.95 / $10.95

- **BURRITO STYLE**
  - ground beef, bean, carrot, chopped lettuce, cheese, jalapeno, mango, grilled onion, salsa, tabasco spicy sauce
  - $8.95 / $9.95

- **TERIYAKI STYLE**
  - grilled chicken, broccoli, carrot, chopped lettuce, cucumber, grilled onion, teriyaki sauce
  - $8.95 / $9.95

- **THAI STYLE**
  - grilled shrimp, broccoli, carrot, chopped lettuce, cucumber, grilled onion, penut, peanut butter, chili paste
  - $9.95 / $10.95

- **VEGGIE HOT STYLE**
  - fried tofu, broccoli, carrot, chopped lettuce, cucumber, grilled onion, sesame sauce, soy sauce
  - $8.95 / $9.95

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**Hot Bowl**

**BYOB (BUILD YOUR OWN BOWL)**

**BASE**
- brown rice, salad, white rice
- $8.95 / $9.95

**PROTEIN**
- BEEF, GRILLED CHICKEN, MARINATED PORK
  - $0.00 / $0.00
- GRILLED SHRIMP, DEEP FRIED CHICKEN, FRIED TOFU
  - $1.00 / $1.00

**VEGGIE AND TOPPING**
- 5 ITEMS
  - $0.00 / $0.00
- 6 ITEMS
  - $0.50 / $0.50
- 7 ITEMS
  - $1.00 / $1.00

---

**BOWLS BYOB**

- Regular / Large
- $8.95 / $9.95
**Signature Cold Sandwich**

**AMERICAN SUPREME**
american cheese, ham, roasted beef, turkey, lettuce, tomato  
$6.75 / 7.75

**BACON & TURKEY BREAST**
swiss cheese, bacon, smoked turkey breast, cherry pepper, green apple, lettuce, onion, tomato, spinach  
$6.75 / 7.75

**CALIFORNIA CLUB**
apple wood smoked ham, shaved turkey breast, alfalfa sprout, avocado, plum tomato, toasted multi grain  
$6.75 / 7.75

**CIBO CURRY EGG SALAD**
ey egg salad, cherry pepper, lettuce, onion, tomato  
$6.75 / 7.75

**ITALIAN SUPREME**
provolone cheese, cappicola ham, genoa salami, prosciutto, pepperoni, lettuce, roasted pepper, tomato, oil vinegar  
$6.75 / 7.75

**ROAST BEEF & WASABI COLESLAW**
roast beef, onion, pepper jack, wasabi coleslaw  
$6.75 / 7.75

**TURKEY & WASABI COLESLAW**
sliced turkey, provolone, roasted red pepper, wasabi coleslaw  
$6.75 / 7.75

**VEGGIE ARTICHOKE & HUMMUS**
artichoke, black olive, cucumber, hummus, lettuce, onion, tomato  
$6.75 / 7.75

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**Steam Table Sandwich**

**CORNED BEEF & PASTRAMI**
melted swiss cheese, fresh corned beef, pastrami, coleslaw, roasted pepper, romaine  
$6.95 / 7.95

**TERIYAKI MEATBALL BAHN MI**
teriyaki meatball, carrot, cilantro, jalapeno, pickled cucumber  
$6.95 / 7.95

**TURKEY CLUB**
melted cheddar, fresh oven roasted turkey, crispy bacon, lettuce, tomato, herb mayo  
$6.95 / 7.95

**TURKEY CRANBERRY**
fresh oven roasted turkey, avocado, cucumber, roasted pepper, watercress, cranberry sauce  
$6.95 / 7.95

**TURKEY & HAM**
smoked gouda cheese, fresh oven roasted turkey, fresh smoked ham, romaine lettuce, honey mustard  
$6.95 / 7.95

**VEGGIE ARTICHOKE & HUMMUS**
artichoke, black olive, cucumber, hummus, lettuce, onion, tomato  
$6.75 / 7.75

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**Roll, Hero, Slice Bread, Wrap**

**SANDWICH BAR**
<table>
<thead>
<tr>
<th>Grilled Chicken</th>
<th>Roll, Slice Bread / Hero, Wrap</th>
<th>Breaded Chicken</th>
<th>Roll, Slice Bread / Hero, Wrap</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAESER</td>
<td>$6.95 / $7.95</td>
<td>BURNSIDE</td>
<td>$6.95 / $7.95</td>
</tr>
<tr>
<td>swiss parmesan cheese, grilled chicken breast, crouton, romaine lettuce, caesar sauce</td>
<td></td>
<td>melted mozzarella, breaded chicken, grilled onion, roasted pepper, honey mustard</td>
<td></td>
</tr>
<tr>
<td>CALIFORNIA</td>
<td>$6.95 / $7.95</td>
<td>CHICKEN BBQ</td>
<td>$6.95 / $7.95</td>
</tr>
<tr>
<td>grilled chicken breast, avocado, cucumber, lettuce, roasted pepper, tomato, ranch dressing</td>
<td></td>
<td>melted american cheese, breaded chicken, mushroom, sauteed onion, BBQ sauce</td>
<td></td>
</tr>
<tr>
<td>CHIPOTLE CHICKEN</td>
<td>$6.95 / $7.95</td>
<td>CHICKEN CLUB</td>
<td>$6.95 / $7.95</td>
</tr>
<tr>
<td>melted pepper jack, grilled chicken breast, avocado, romaine lettuce, chipotle sauce</td>
<td></td>
<td>breaded chicken, bacon, lettuce, roasted pepper, tomato, mayo</td>
<td></td>
</tr>
<tr>
<td>GRILLED CHICKEN WITH BACON &amp; SWISS CHEESE (CBS)</td>
<td>$6.95 / $7.95</td>
<td>CHICKEN SUPREME</td>
<td>$6.95 / $7.95</td>
</tr>
<tr>
<td>swiss cheese, grilled chicken breast, bacon, sundried tomato, basil sauce</td>
<td></td>
<td>melted pepper jack, breaded chicken, bacon, lettuce, russian dressing</td>
<td></td>
</tr>
<tr>
<td>ITALIAN</td>
<td>$6.95 / $7.95</td>
<td>ITALIAN</td>
<td>$6.95 / $7.95</td>
</tr>
<tr>
<td>feta cheese, grilled chicken breast, lettuce, roasted pepper, tomato, italian dressing</td>
<td></td>
<td>melted mozzarella, breaded chicken, ham, garlic bread</td>
<td></td>
</tr>
<tr>
<td>PESTO</td>
<td>$6.95 / $7.95</td>
<td>JIMMY T</td>
<td>$6.95 / $7.95</td>
</tr>
<tr>
<td>fresh mozzarella, grilled chicken breast, lettuce roasted pepper, pesto, pesto dressing</td>
<td></td>
<td>melted swiss cheese, breaded chicken, pepper, sauteed onion, honey mustard</td>
<td></td>
</tr>
<tr>
<td>THE KING</td>
<td>$6.95 / $7.95</td>
<td>SPICY CHICKEN</td>
<td>$6.95 / $7.95</td>
</tr>
<tr>
<td>melted mozzarella, grilled chicken, pepper, bacon, roasted pepper, russian dressing</td>
<td></td>
<td>melted swiss cheese, breaded chicken, mushroom, sauteed onion, spicy sauce</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>TERIYAKI CHICKEN</td>
<td>$6.95 / $7.95</td>
</tr>
<tr>
<td></td>
<td></td>
<td>melted american cheese, breaded chicken, mushroom, teriyaki sauce</td>
<td></td>
</tr>
</tbody>
</table>
Panini

**CHICKEN CHIPOTLE** $7.75
pepper jack cheese, grilled chicken chipotle, avocado

**CHICKEN FAJITA** $7.75
cheddar, grilled chicken, caramelized onion, roasted pepper, salsa

**CHICKEN PARMIGIANA** $7.75
fresh mozzarella, breaded chicken, basil, parmagiana cheese, marinara sauce

**CUBAN** $7.75
swiss cheese, roasted pork, ham, pickle, mustard

**FIRENZE** $7.75
cheddar, peppercorn turkey, plum tomato, sliced cucumber, herb mayo

**ITALIANO** $7.75
fresh mozzarella, grilled chicken, roasted pepper, pesto sauce

**MONTE CRISTO** $7.75
swiss cheddar, ham, smoked turkey, lettuce, tomato, honey mustard

**RUSSIAN** $7.75
roast beef, lettuce, muenster caramelized onion, plum tomato, russian dressing

**SUMMER COMBO** $7.75
pepper jack cheese, grilled chicken lettuce, tomato, red onion, herb mayo

**TUNA MELT** $7.75
cheddar, tuna salad, lettuce, plum tomato

**TUSCAN**
fresh mozzarella, basil, plum spinach, sun dried tomato, lite balsamic dressing

**VEGGIE PANINI** $7.75
fresh mozzarella, eggplants marinated in balsamic vinegar, grilled zucchini

**Quesadilla**

**CHEESE** $7.50
monterey jack, cheddar cheese, black olive, jalapenos, onion, roasted pepper

**CHICKEN CAJUN** $7.50
monterey jack, cheddar cheese, chicken, onion roasted pepper, mayo

**GRILLED STEAK** $7.50
monterey jack, cheddar cheese, beef steak, onion, roasted pepper

**SEA BREEZE** $8.50
mozzarella, pepper jack, grilled shrimp, toasted onion, extra virgin olive oil

**VEGGIE QUESADILLA** $7.50
monterey jack, cheddar cheese, roasted vegetable, jalapeno, onion,
**Grilled Sandwich**

<table>
<thead>
<tr>
<th>Sandwich</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CIBO GRILLED COMBO</strong></td>
<td>$6.95 / $7.95</td>
<td>melt provolone cheese, grilled roast beef, grilled turkey, onion, spicy mayo, toasted hero</td>
</tr>
<tr>
<td><strong>CHICAGO SANDWICH</strong></td>
<td>$6.95 / $7.95</td>
<td>fresh mozzarella, grilled chicken, green pepper, mushroom, onion, balsamic vinaigrette</td>
</tr>
<tr>
<td><strong>CUBAN</strong></td>
<td>$6.95 / $7.95</td>
<td>melted swiss cheese, roasted pork, ham, turkey, grilled bread</td>
</tr>
<tr>
<td><strong>GOLDEN SUB</strong></td>
<td>$6.95 / $7.95</td>
<td>pepper jack cheese, turkey, pastrami, lettuce, tomato, russian dressing</td>
</tr>
<tr>
<td><strong>HOT ROAST BEEF</strong></td>
<td>$6.95 / $7.95</td>
<td>cheddar, bacon, roast beef, lettuce, tomato, ranch dressing, sauteed mushroom, herb mayo</td>
</tr>
<tr>
<td><strong>MONTE CRISTO</strong></td>
<td>$6.95 / $7.95</td>
<td>melted swiss, cheddar, ham, turkey, challah bread</td>
</tr>
<tr>
<td><strong>PASTRAMI DELIGHT</strong></td>
<td>$6.95 / $7.95</td>
<td>melted swiss, pastrami, coleslaw, russian dressing</td>
</tr>
<tr>
<td><strong>PHILLY CHEESE STEAK</strong></td>
<td>$6.95 / $7.95</td>
<td>melted american cheese, beef, onion, sauteed pepper, toasted hero</td>
</tr>
<tr>
<td><strong>PHILLY SPECIAL</strong></td>
<td>$6.95 / $7.95</td>
<td>melted mozzarella, grilled roast beef, lettuce, italian dressing, garlic bread</td>
</tr>
<tr>
<td><strong>REUBEN</strong></td>
<td>$6.95 / $7.95</td>
<td>melted swiss cheese, corned beef pastrami, sauerkraut, grilled bread</td>
</tr>
<tr>
<td><strong>TUNA MELT</strong></td>
<td>$6.95 / $7.95</td>
<td>melted cheddar cheese, tuna salad, pita bread</td>
</tr>
<tr>
<td><strong>VEGGIE GRILLED</strong></td>
<td>$6.95 / $7.95</td>
<td>fresh mozzarella, grilled vegetable, lite balsamic vinaigrette</td>
</tr>
</tbody>
</table>
Burger Menu

HAMBURGER
beef, lettuce, onion, pickle, tomato

CHEESEBURGER
beef, cheese, lettuce, onion, pickle, tomato

BACON CHEESEBURGER
bacon, beef, cheese, lettuce, onion, pickle, tomato

CALIFORNIA CHEESEBURGER
beef, alfalfa, avocado, cheese, lettuce, onion, pickle, tomato

TURKEY BURGER
turkey, cheese, lettuce, onion, pickle, tomato

VEGGIE BURGER
avocado, lettuce, onion, pickle, tomato, veggie patty

Side Order

CURLY FRIES $2.50
FRENCH FRIES $2.00
ONION RINGS $2.25
SWEET POTATO FRIES $2.50

Extra

AVOCADO $1.00
BACON $0.75
CHEESE $0.50
<table>
<thead>
<tr>
<th>White Rice Roll</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocado Roll</td>
<td>$4.95</td>
</tr>
<tr>
<td>California Roll</td>
<td>$5.50</td>
</tr>
<tr>
<td>Crab Salad Roll</td>
<td>$5.95</td>
</tr>
<tr>
<td>Cucumber Roll</td>
<td>$4.45</td>
</tr>
<tr>
<td>Green Roll</td>
<td>$4.75</td>
</tr>
<tr>
<td>Eel Roll</td>
<td>$6.50</td>
</tr>
<tr>
<td>Philadelphia Roll</td>
<td>$6.25</td>
</tr>
<tr>
<td>Salmon &amp; Avocado Roll</td>
<td>$6.25</td>
</tr>
<tr>
<td>Shrimp California Roll</td>
<td>$5.95</td>
</tr>
<tr>
<td>Shrimp Tempura Roll</td>
<td>$6.25</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Special Roll</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish Salad</td>
<td>$10.95</td>
</tr>
<tr>
<td>Green Chirashi Bowl</td>
<td>$12.95</td>
</tr>
<tr>
<td>Garment District Roll</td>
<td>$9.95</td>
</tr>
<tr>
<td>Rainbow Roll</td>
<td>$9.95</td>
</tr>
<tr>
<td>Salmon/Tuna Don</td>
<td>$11.95</td>
</tr>
<tr>
<td>Sushi Combo Medium</td>
<td>$9.95</td>
</tr>
<tr>
<td>Sushi Combo Large</td>
<td>$12.50</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Brown/Quinoa Roll</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green Roll</td>
<td>$5.25</td>
</tr>
<tr>
<td>Avocado Roll</td>
<td>$5.50</td>
</tr>
<tr>
<td>Philadelphia Roll</td>
<td>$6.00</td>
</tr>
<tr>
<td>Salmon &amp; Avocado Roll</td>
<td>$6.75</td>
</tr>
<tr>
<td>Spicy Tuna Roll</td>
<td>$6.75</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SUSHI &amp; ROLL BAR</th>
<th></th>
</tr>
</thead>
</table>
Udon

**BEEF UDON**  $7.75  beef, carrot, scallion, seaweed, tofu, yubu

**CHICKEN UDON**  $7.75  chicken, carrot, scallion, seaweed, tofu, yubu

**CIBO UDON**  $8.95  chicken, 2 shrimp dumplings, 2 wasabi pork dumplings

**PORK DUMPLING UDON**  $8.50  pork dumpling, carrot, scallion, seaweed, tofu, vegetable, yubu

**SHRIMP TEMPURA UDON**  $8.50  deep fried shrimp, carrot, scallion, seaweed, tofu, yubu

**SHUMAI UDON**  $8.50  shrimp dumpling, carrot, scallion, seaweed, tofu, yubu

**VEGGIE UDON**  $6.95  scallion, seaweed, tofu, vegetable, yubu

**WASABI PORK DUMPLING UDON**  $8.50  wasabi pork dumpling, carrot, scallion, seaweed, tofu, yubu

Ramen

**BEEF RAMEN**  $7.25  beef, broccoli, carrot, scallion, seaweed

**CHICKEN RAMEN**  $7.25  broccoli, carrot, chicken, scallion, seaweed

**CIBO KIMCHI RAMEN**  $7.75  beef, broccoli, carrot, chicken, kimchi, scallion, seaweed

**VEGGIE RAMEN**  $7.25  carrot, broccoli, scallion, seaweed, tofu
Signature Salad

CIBO HOUSE SALAD  $8.00
baby spinach with blue cheese, honey mustard, grape, raisin, sliced apple, sunflower, tomato

CIBO CLUB SALAD  $8.00
mixed lettuce with cheddar, cucumber, boiled egg, grape, honey glazed ham, roasted turkey, smoked bacon

CIBO COBB SALAD  $8.00
mixed lettuce with artisan blue cheese, avocado, boiled egg, grilled chicken, red wine vinegar, smoked bacon

CIBO GRILLED CHICKEN SALAD  $8.00
mixed lettuce with avocado, blue cheese, chickpea, grilled chicken, honey dijon, organic mesclun, walnut

CIBO MEDITERRANEAN SALAD  $8.00
romaine heart with cucumber, herb vinaigrette, feta, grape pepper, red onion, tomato

Salad

BASE  $8.50 / $9.50
baby spinach, organic mesclun, romaine heart mix: arugula, frisee, romaine heart

PROTEIN  $0.00 / $0.00
albacore tuna, cajun grilled chicken, cajun grilled shrimp, chicken salad, grilled chicken, tuna salad, turkey

TOPPING  $0.00 / $0.00
alfalfa sprout, almond, apple, artichoke heart, asparagus, avocado, bell pepper, black bean, blue cheese crumb, boiled egg, broccoli, carrot, brussels sprout, calamata, celery, cheddar cheese, cherry tomato, chickpea, chinese noodle, corn, crouton, cucumber, dried cranberry, feta cheese, green pea, hearts of palm, jalapeno, kidney bean, raisin, mandarin orange, mozzarella cheese, walnut, mushroom, onion, red beet, parmesan cheese, plum tomato, portobella mushroom, string bean, roasted eggplant, smoked bacon, roasted red pepper, roasted zucchini, sun dried tomato, sunflower seed, toasted pine nut, tofu

DRESSING  $0.00 / $0.00
asian bbq ginger, asian sesame garlic, asian sesame ginger, asian sesame lemon, balsamic vinaigrette, balsamic vinegar, blue cheese, caesar, cream italian, french, honey dijon, lemon juice, lite honey mustard, lite italian, lite ranch, olive oil, ranch, raspberry vinaigrette, russian

Salad Bar

BYOB (BUILD YOUR OWN BOWL)

BASE

PROTEIN

TOPPING

DRESSING
<table>
<thead>
<tr>
<th>Breakfast</th>
<th></th>
<th>Omelette</th>
<th></th>
<th>Bagel</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>BREAKFAST PLATTER</td>
<td>$4.75</td>
<td>OMELETTE PLATTER</td>
<td>$4.75</td>
<td>PLAIN BAGEL</td>
<td>$1.00</td>
</tr>
<tr>
<td>two eggs, bacon, ham or sausage</td>
<td></td>
<td>served with home fries, toast</td>
<td></td>
<td>BUTTER</td>
<td>$1.25</td>
</tr>
<tr>
<td>with home fries, toast</td>
<td></td>
<td>CIBO SPECIAL</td>
<td>$4.75</td>
<td>BUTTER &amp; JELLY</td>
<td>$1.50</td>
</tr>
<tr>
<td>FRENCH TOAST</td>
<td>$4.75</td>
<td>Egg white, turkey, onion, tomato,</td>
<td></td>
<td>CREAM CHEESE - PLAIN</td>
<td>$1.50</td>
</tr>
<tr>
<td>prepared with 3 slices of challah</td>
<td></td>
<td>roasted red pepper</td>
<td></td>
<td>FLAVORED CREAM CHEESE</td>
<td>$1.95</td>
</tr>
<tr>
<td>toast</td>
<td></td>
<td>GREEK</td>
<td>$4.75</td>
<td>low fat vegetable, scallion,</td>
<td></td>
</tr>
<tr>
<td>PANCAKES</td>
<td>$4.75</td>
<td>feta cheese, tomatoes</td>
<td></td>
<td>olive, cinnamon walnut raisin</td>
<td></td>
</tr>
<tr>
<td>with SEASON FRUIT</td>
<td></td>
<td>FLORENTINE</td>
<td>$4.75</td>
<td>PEANUT BUTTER</td>
<td>$1.95</td>
</tr>
<tr>
<td>PANCAKES</td>
<td></td>
<td>mushroom, avocado, tomato,</td>
<td></td>
<td>LOX SPREAD</td>
<td>$2.75</td>
</tr>
<tr>
<td>OATMEAL</td>
<td>$3.00</td>
<td>low fat swiss or muenster</td>
<td></td>
<td>ADD EACH EGG</td>
<td>$0.50</td>
</tr>
<tr>
<td>water, skim milk, or whole milk</td>
<td></td>
<td>MEDITERRANEAN</td>
<td>$4.75</td>
<td>ADD CHEESE</td>
<td>$0.50</td>
</tr>
<tr>
<td>topping: banana, brown sugar,</td>
<td></td>
<td>WESTERN</td>
<td>$4.75</td>
<td>ADD EXTRA VEGGIE</td>
<td>$0.50</td>
</tr>
<tr>
<td>chopped apple, granola, mixed nut</td>
<td></td>
<td>ham, onion, bell pepper</td>
<td></td>
<td>ADD BACON, HAM, OR SAUSAGE</td>
<td>$1.00</td>
</tr>
<tr>
<td>raising, strawberry</td>
<td></td>
<td>VEGGIE</td>
<td>$4.75</td>
<td>ADD AVOCADO</td>
<td>$1.00</td>
</tr>
<tr>
<td>Bakery</td>
<td></td>
<td></td>
<td></td>
<td>ADD TURKEY BACON, TURKEY</td>
<td>$1.50</td>
</tr>
<tr>
<td>CROISSANT</td>
<td>$2.00</td>
<td></td>
<td></td>
<td>SAUSAGE, BEEF SAUSAGE</td>
<td></td>
</tr>
<tr>
<td>plain, chocolate, strawberry</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DANISH</td>
<td>$2.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>cheese, cherry</td>
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</tr>
</tbody>
</table>
**Wrap**

**BACON WRAP**
scrambled egg, bacon, cheddar, cheese, home fries, salsa

**B.L.T WRAP**
crisp bacon, lettuce, tomato, mayo

**ENERGY WRAP**
peanut butter, sliced banana, granola, raisin, walnut, bit of honey

**GREEK WRAP**
egg white, feta, broccoli, onion, tomato, on wheat wrap

**GOOD MORNING WRAP**
egg white, mushroom, onion, feta cheese, spinach

**HEALTH WRAP**
egg white, turkey, low fat alpine swiss, avocado

**ITALIAN WRAP**
srambled egg, mushroom, tomato, on wheat wrap

**SPANISH WRAP**
scrambled egg, feta, broccoli, onion, tomato, on wheat wrap

**VEGGIE WRAP**
egg white, spinach, broccoli, mushroom, muenster cheese