

Ambition Lunch

Build-Your-Own Sandwiches

Whole \$8 Half \$5

Step 1: Bread

Sourdough, Multigrain, Rye, Pumpernickel, Spinach Wrap, Tomato Wrap, Wheat Wrap

Croissant, Hard Roll, or Bagel for an additional \$1 (whole sandwiches only)
Herbed Focaccia, Sun-dried Tomato Ciabatta, or Pretzel Bread for an additional \$2 (whole sandwiches only)

Step 2: Meat

Turkey, Honey Ham, Roast Beef, Albacore Tuna Salad, Pesto Chicken Salad

Step 3: Cheese

Swiss, Provolone, Cheddar, Pepper Jack, Muenster, American

Step 4: Dressing

Mayo, Cranberry Mayo, Horseradish Mayo, Garlic Mayo, Dijon Mustard, Russian,

Add Hummus, Pesto, Salsa, or Cranberry Pesto for an additional 50¢ each.

Step 5: Toppings

Lettuce, Tomatoes, Red Onions, Cucumbers, Green Peppers, Roasted Red Peppers, Sprouts, Carrots, Black Olives, Mushrooms

Add Spinach, Avocado, and Apples for \$1 each.

BYO Sandwiches can be grilled for \$1.50

GLUTEN FREE BREAD IS AVAILABLE FOR \$1.50



Beverages

Soda, Brewed Iced Tea, or Lemonade \$2.50

Pepsi (Diet), Sierra Mist, Mountain Dew, Dr. Pepper, Root Beer, Cream Soda (Diet), Black Cherry (Diet), & Ginger Ale

Flavored Iced Tea or Lemonade \$3.25

Italian Soda \$4

Seltzer water with cream and flavored syrup, topped with whipped cream.

Syrup Flavors: *Hazelnut, Caramel, Vanilla, Raspberry, Blackberry, Peach, Blueberry, Irish Cream, Chocolate, & White Chocolate*

Coffee or Hot Tea \$2.50

Organic Teas: *English Breakfast, Earl Grey, Green, Chamomile, Hibiscus, & Peppermint*

Mayan Chai Latte \$3.50

Delicious organic chai tea steeped in steamed milk with honey and cinnamon.

Build-Your-Own Salads

Whole \$7 Half \$4

Step 1: Greens

Mesclun, Spinach, Romaine

Step 2: Toppings (pick 3, add'l toppings are 50¢ each)

Tomatoes, Red Onions, Cucumbers, Roasted Red Peppers, Alfalfa Sprouts, Green Peppers, Carrots, Black Olives, Mushrooms

Bacon, Avocado, and Apples are \$1 each.

Step 3: Cheese

Swiss, Provolone, Cheddar, Pepper Jack, Muenster, American

Step 4: Dressing

House Balsamic Vinaigrette, Honey Dijon, Russian, Oil & Vinegar, Caesar

Hummus, Pesto, Salsa, and Blue Cheese Dressing are each 50¢ extra.

Add chicken for \$4

Add feta for \$1.50

Add Tarragon Chicken Salad, Pesto Chicken Salad, or Albacore Tuna Salad for \$4.50

Homemade Soup

Cup \$4 Bowl \$5.50

Salads

House Salad \$6.50

Mesclun, cucumbers, tomatoes, green peppers, carrots, and black olives with our house balsamic vinaigrette.

Caesar Salad \$7

Romaine, garlic croutons, & parmesan cheese with Caesar dressing.

Spinach Salad \$7.50

Fresh spinach, carrots, tomatoes, mushrooms, and bacon with blue cheese dressing.

Grapes & Goats \$9

Mesclun, grapes, goat cheese, walnuts, tomatoes, sprouts, and carrots with our house balsamic vinaigrette.

Cappuccinos & Lattes \$4

(available in decaf)

Syrup Shot 75¢ Extra Espresso Shot 50¢

Soy Milk 75¢

Specialty Cappuccinos & Lattes \$4.75

Raspberry Delight: *Raspberry Mocha*

Nutty Irishman: *Hazelnut Irish Cream*

Blonde Ambition: *Vanilla White Mocha*

Fueled By Ambition: *Caramel Mocha*

Fuzz Buster: *Vanilla Caramel w/ extra shot (\$5.25)*

Specialty Sandwiches

(only available whole)

Gigi \$9

Ham, brie, and apples with cranberry dijon sauce grilled on sourdough bread.

Cranberry Club \$9

Grilled turkey, bacon, lettuce, tomato, and sharp cheddar with cranberry mayo on multigrain bread.

Ambition \$10

Grilled chicken breast, pesto, roasted red peppers, and fresh mozzarella on focaccia bread.

Steinmetz \$9

Grilled turkey, brie, raspberry compote, strawberries, and chopped walnuts on sourdough bread.

Stacy's Mom \$9

Grilled turkey, cheddar, tomato, and garlic mayo on sun-dried tomato ciabatta bread.

Turkey Avocado \$9

Turkey, avocado, bacon, lettuce, and tomato with garlic mayo on toasted multigrain bread.



Stay happy & healthy with these!

Homemade Black Bean Burger \$9

Ground black beans with a hint of cumin topped with pepper jack cheese, lettuce, tomato, and salsa on sun-dried tomato ciabatta bread.

West Coast Hippie \$9

Grilled portobello mushroom, provolone, spinach, avocado, tomato, sprouts, and balsamic reduction in a wheat wrap.

Hot Cop Panini \$9

Spinach, tomato, fresh mozzarella, pesto, and balsamic reduction on sun-dried tomato ciabatta.

Green Street \$8

Fresh roasted vegetables, hummus, baby greens, black olives, and alfalfa sprouts in a spinach wrap.

(add feta cheese for \$1.50)

Big Fat Greek Wrap \$10

Grilled chicken, feta, red onion, lettuce, tomato, and kalamata tzatziki sauce in a spinach wrap.

Cuchi Cuchi \$10

Grilled roast beef, pepper jack cheese, avocado, 1 fried egg, and salsa on sourdough bread.

Lox 8 \$10

Smoked salmon, lettuce, red onions, tomatoes, cucumbers, and sprouts on pumpkinnickel toast with horseradish remoulade.

Glad You Could Join Us \$7

2 scrambled eggs with cheddar, bacon, and avocado on an English muffin.



Crabby Marc \$12

Grilled Maryland-style crab cake topped with a horseradish remoulade, served with a side salad & grilled pita.

Bluffin' With My Muffin \$10

Grilled turkey, cheddar, avocado, raspberry chipotle sauce, and a fried egg on pretzel bread.

Ragin' Cajun \$10

Cajun-spiced grilled chicken breast, lettuce, tomato, mayo, chorizo sausage, bacon, and muenster cheese on sourdough bread.

Tarragon Chicken Salad \$9

Fresh chicken salad with red grapes, slivered almonds, tarragon mayo, lettuce, and tomato in a tomato wrap.

Chipotle Pretzel \$9

Grilled roast beef, swiss cheese, apples, tomatoes, and raspberry-chipotle sauce on pretzel bread.

McLovin \$9

Grilled roast beef, provolone, roasted red peppers, spinach, and horseradish mayo in a wheat wrap.

Union Girl \$9

Pesto chicken salad, cranberry mayo, tomato, lettuce, and fresh mozzarella in a tomato wrap.

Jeremy's Package \$10

Grilled turkey, apples, bacon, tomato, cheddar, cranberry pesto, and balsamic reduction on pretzel bread.

Substitute the chips and pickle for a small house salad!
\$3.00

Caution:
Some employees contain nuts!

Sandwiches can be split with their own chips and pickles for \$2

