

BREAKFAST

English Muffin Sammie

Fried, scrambled egg or whites & your choice of cheese on a toasted English Muffin – 3.79*

Ultimate Breakfast Combo with a Small Regular Coffee

Fried, Scrambled Egg or Egg White & Your Choice of Cheese on a Croissant, a Wheat Wrap or Toast with a Side of Hash Brown Casserole or piece of fruit – 6.49*

**Add Tomato or Spinach – .49 | Add Chicken Bacon, Ham, Turkey Sausage or Avocado – 1.49*

Bread and Spread

A Warm Croissant or English Muffin with Butter & House Made Jam – 2.49

Scones

White Chocolate Raspberry, Blueberry, Apple Cinnamon – 2.89

Muffins

Freshly Baked Daily – Assorted Flavors – Pick One-1.29 | Choose Two-2.39 | All Three-3.49

Yogurt Parfaits

Served with assorted berries & house made granola – 3.69

A La Carte

Chicken Bacon | 3 slices – 3.29

Turkey Sausage | 2 patties – 3.29

Two Eggs | any style – 2.99

Additional Egg – 1.49

Hash Brown Casserole – One Scoop 2.49 | Two Scoops 3.69 | Three Scoops – 4.29

Scoop of Hash Browns & a Scrambled Egg – 4.29

SMOOTHIES

Blended with 2% Milk, Almond Milk or Orange Juice and Ice – Whipped Cream Optional
20 ounce – 5.49 | 12 ounce – 2.99

Real Fruit & Veggie

Choose 3 – Strawberries, Raspberries, Blueberries, Banana, Peach, Mango, Spinach or Kale

Mocha or Caramel Frappe

Iced coffee blended with chocolate or caramel

Southern Red Velvet

Yes, just like the cake...topped with whipped Cream

PBB & Java

Peanut butter, banana, chocolate and coffee

Add Plant Based Vanilla Protein or Chia to ANY Smoothie for .89

SOUPS FROM SCRATCH – 12 Ounce Bowl

Tomato Herb | Black Beans & Rice | Vegan Chili – 3.99

SALADS

Caesar Our Way

Romaine & baby kale topped with crispy onions, sun-dried tomatoes & parmesan cheese – 7.99

Greek

Greens topped with roasted red peppers, kalamata olives, tomato, cucumber, red onion, banana peppers & feta cheese with Mediterranean feta dressing – 7.99

Spinach

Mandarin oranges, blueberries, red onions, dried cranberries, toasted almonds, raspberry ranch dressing – 7.79

Build-Your-Own Salad – 7.89

- Cheese – Cheddar Jack | Parmesan | Mozzarella | Swiss | Feta
- Toppings – Croutons | Tomatoes | Cucumber | Green Bell Pepper | Banana Peppers
- Red Onion | Kalamata Olives

House Made Dressings

Balsamic Vinaigrette | Caesar | Ranch Mediterranean Feta | Bleu Cheese | Honey Mustard | Raspberry Ranch

Add Roast Beef | Ham | Bacon | Chicken Bacon – 1.99 | Tuna Salad or Chicken Salad – 2.99

Add Roasted Chicken – 3.99

SAMMIES – All include your choice of side

Turkey BLAT

Turkey breast w/bacon, lettuce, avocado, tomato & mayo on a Telera roll – 8.99

Cubanesque

House-smoked pork, ham, dill pickle, Swiss cheese, Dijon & mayo on Cuban bread– 9.49

Grilled Chicken Mango

With pepper jack cheese & mango chutney on a Telera roll – 8.89

Hot Ham

With Swiss cheese, whole grain mustard, lettuce & tomato on a croissant – 7.99

Turkey & Brie

Turkey Breast, brie, seasonal apple slices & honey mustard dressing on a Telera roll – 9.29

Tuna Melt

Tuna Salad with red onion, capers, sliced tomato & Provolone on white, wheat or rye – 8.99

Veggie Wrap

Stuffed with spinach, house made hummus, roasted red peppers, green peppers, tomato, cucumber, feta and a drizzle of our balsamic vinaigrette -

Build Your Own Sandwich -OR- BLT

Choice of roast beef, turkey, ham, chicken salad or tuna salad, bacon on white, wheat, rye or in a wrap with cheese, lettuce & tomato – 7.49

FRESH BREWS & BEVERAGES

Unsweetened Tea

Make it as sweet as you like! Freshly brewed with black tea from Sri Lanka – 1.79

House Made Lemonade

Fresh lemon juice perfectly blended with simple syrup – 2.29

Shaken Tea or Lemonade

Add a blast of flavor! Selections vary – 2.59

Assorted Pepsi Beverages

Check the cooler for pricing and variety

COFFEE & HOT DRINKS

Hot House Brew

Specially roasted for the YMCA of Dr. Phillips! 16 ounces – 1.79

Cold Brews

Very refreshing! The cold brewing process eliminates the acid. Nitro or Velvet – 2.99

Specialty Coffees

Café Latte or Mocha | 16 ounces – 3.99

Espresso Single 1.79 | Double 2.49

Caramel Café Latte | 16 ounce 3.99

Cappuccino | 16 ounce 3.79

SIDES

- Potato Salad, Pasta Salad, Tangy Slaw or Chips – 1.99
- Hash Brown Casserole, Mac & Cheese, Hummus & Pita or Side Salad – 2.49
- Chocolate Chip or Lemon White Chocolate Coconut Cookie – 1.79

WE CATER!

LET US DO THE WORK!
CALL OR EMAIL FOR DETAILS
PAM@PAMMIESSAMMIES.COM

407.730.3212

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