Breakfast

Farm Fresh, Cage Free

Egg Sandwiches

One Egg $1.95
- with cheese $2.25
- with sausage, bacon or ham $2.95
- with sausage, bacon or ham and cheese $3.25
- additional egg ..... +$0.50
- on a bagel ..... +$0.50

Bagels, Muffins and Oatmeal

Bagel with butter $1.95

Bagel with cream cheese $2.50

Fresh Baked Muffins $2.95

Oatmeal $3.95
- with cranberries, brown sugar, cinnamon and apples

Beverages

Coffee $1.00

Tea $1.00

Sandwiches

Freshly Prepared, Half-Sized

SUN KISSED TUSCAN GRILL $4.95
Grilled chicken, sun dried tomatoes & fire roasted peppers on a baguette with virgin olive oil, balsamic vinegar and no-nut pesto

HUDSON VALLEY ROASTER $4.95
Oven roasted turkey breast, Hudson Valley apples & white cheddar with greens, honey dijon dressing on healthy oat bread

EUROPEAN HIKER $4.95
Hickory smoked ham, cheddar cheese, lettuce, tomatoes, maple dijon mustard on pumpernickel

SICILIAN GARDEN (V) $4.95
Fried eggplant, ripened tomatoes, fresh mozzarella cheese on Italian baguette with no-nut pesto & balsamic vinegar

RIPENED ON THE VINE (V) $4.95
Fresh mozzarella, ripened tomatoes and garden greens on a baguette with no-nut basil pesto & balsamic reduction glaze

CHICKEN CAESAR WRAP $4.95
Grilled chicken breast, crisp romaine lettuce, grated parmesan and Caesar dressing in a wrap

CHICKEN PORTOBELLO $4.95
Grilled chicken breast, roasted Portobello mushrooms, fire roasted peppers, provolone cheese on a baguette with pesto & balsamic

HUMONGOUS FUNGUS (VG) $4.95
Roasted Portobello mushrooms, fire roasted peppers & plum tomatoes on a baguette with greens and balsamic reduction

STUDENT-CREATED, SEASONAL SANDWICH SPECIAL
Student created sandwich based on seasonal ingredients, different cooking techniques and ethnic inspiration

V- vegetarian **VG- Vegan** **Gluten Free options available**

Healthy Salads

FRESH, GOURMET & TASTY

Have it **YOUR WAY!**

Choose your favorite greens, protein, toppings and dressing to create your own designer salad catered to your personal taste.

ONLY
$9.95

ONE GREEN
ONE PROTEIN
THREE TOPPINGS
ONE DRESSING

RCC | Rockland Community College
STATE UNIVERSITY OF NEW YORK

$9.95 Salads

One Green + One Protein + Three Toppings + One Dressing

Greens

Choose One

Baby Field Greens • California Romaine

Protein

Choose One
Each Additional Protein $3.00

Spa Tuna Salad • Grilled Lemon Chicken Breast • BBQ Chicken • Pesto Chicken Breast • Cajun Chicken Breast • Buffalo Chicken • Italian Breaded Chicken Breast • Roasted Turkey Breast • Virginia Glazed Ham • Baked Tofu • Goat Cheese

Toppings

Choose Three
Each Additional Topping $0.75

Tomatoes • Cucumbers • Onions • Carrots • Dried Cranberries • Chick Peas • Broccoli • Roasted Peppers • Sunflower Seeds • Cheese • Mushrooms • Apples • Mandarin Oranges • Egg • Sliced Almonds • Toasted Pecans • Artichokes • Olives • Craisins • Sundried Tomato • Black Beans • Corn • Bacon • Croutons • Additional Seasonal Toppings

Dressing

Choose One

Creamy Caesar • Thousand Island • Blue Cheese • Buttermilk Ranch • Asian Ranch • Russian • Honey Dijon • Classic Italian • Peppercorn Parmesan • Creamy Pesto • Raspberry Balsamic • Balsamic Vinaigrette • Raspberry Vinaigrette