

BREAKFAST

BAGELS choice of: plain + mixed topping + sesame + cinnamon-raisin + wheat
have it toasted with butter **1.5** cream cheese OR peanut butter **2**
garlic dill or sun-dried tomato cream cheese spread OR nutella **2.5**

UMPQUA OATS

KICK START nuts + fruits + brown sugar **3.5**

LEI'D BACK cashews + macadamia nuts + coconut + papaya

MOSTLY SUNNY dried fruits from the northwest

OLD SCHOOL apples + cranberries + pumpkin + sunflower seeds + walnuts + almonds

R U NUTS? flax + sunflower seeds + walnuts + almonds + cinnamon + brown sugar

TAKE A HIKE northwest hazelnuts + pumpkin seeds + apricots

FRUIT CUP OR YOGURT PARFAIT **3.5**

DAILY QUICHE

WE HAVE TWO VARIETIES DAILY slice only **3.5**
add greens + cranberries + almonds + choice of dressing **6.5**

HAM + SWISS CROISSANT

SAUSAGE + CHEESE CROISSANT

spinach + tomato + onion + pepper jack cheese + plain croissant **4.5**

SELECTION OF COOKIES + GOODIES

TRY OUR CINNAMON ROLLS + SCONES + DANISHES + MUFFINS + CROISSANTS BAKED GOODS

LIVE JUICE

FILL IT UP IN
12 OR **16**
OR **20** OZ

HAWAII TRIO pineapple + apple + orange

RUBY SIPPER beet + grapefruit + apple

THE STALKER cucumber + celery + broccoli

JUST F@#%'N CARROT carrot + carrot + carrot

THE MINT cucumber + apple + mint

TASTY TATER sweet potato + pineapple + lime

MIXIN VEGGIES beet + carrot + ginger + spinach

LIQUID SUNSHINE carrot + strawberry + orange + lemon + apple

CLEAN GREEN spinach + ginger + apple + orange

BEASTIE BEET beet + apple + orange + lime

CARRY GRAPPLE carrot + celery + ginger + apple

GINGER SMITH granny smith + carrot + spinach + ginger + orange

THE WIZ strawberry + apple + cucumber + celery + lemon

MIDTOWN + WESTPORT + DOWNTOWN AIRPORT

FILLINGSTATIONCOFFEE.COM

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LUNCHTIME

SANDWICHES

served with fruit or chips

BITCHIN BBQ FRENCH DIP swiss + red onion + bacon + bbq sauce + french loaf. *served with au jus.* **8**

HAM + PEPPER ham + roasted red pepper + stone ground mustard + green leaf + red onion + 9-grain wheat. **7.5**

VEGGIE BURGER black bean and corn burger + spinach + tomato + red-onion + stone ground mustard + grilled focaccia. **8**

GRILLED SALAMI salami + tomato + onion + spinach + horseradish pepper mayo + pepper jack + focaccia. **8**

TURKEY CLUB smoked turkey + bacon + green leaf + tomato + onion + provolone + pesto mayo + focaccia. **7.5**

TUNA MELT homemade garlic dill tuna salad + bacon + pepper jack + asiago bun. **7.5**

B.L.T. bacon + green leaf + tomato + mayo + focaccia. **7.5**

SALMON CLUB grilled salmon + spring greens + bacon + tomato + onion + swiss + dill tartar + focaccia. *served cold.* **8**

SLAMMER salami + smoked turkey + ham + bacon + tomato + onion + green leaf + brown mustard + mayo + asiago bun. **8**

GRILLED CHEESE cheddar + swiss + pepper jack + tomato + focaccia. **6.5**

ROAST BEEF roast beef + spinach + tomato + onion + pepper jack + cheddar + horseradish mayo + asiago bun. **7.5**

ITALIAN CLUB Ham + salami + provolone + green leaf lettuce + mayo + mustard **8**

REUBEN corned beef + swiss cheese + sauerkraut + horseradish mayo + stone ground mustard **8**

CAPRESE buffalo mozzarella + tomatoes + basil pesto + balsamic + french loaf **7.5**

WRAPS

served with fruit or chips

T2 WRAP smoked turkey + tomato + onion + carrots + spinach + cheddar + garlic-herb cream cheese + spinach tortilla. **7.5**

KILLER VEGGIE WRAP spinach + tomato + onion + carrots + cucumbers + balsamic + brown mustard + garlic herb cream cheese + spinach tortilla. **7.5**

GINGER WRAP spring greens + cucumbers + cranberries + almonds + mandarin sesame ginger dressing + wheat tortilla. **7.5**

SOUTHWEST TURKEY WRAP smoked turkey + spinach + sweet corn relish + pepper jack + sun-dried tomato cream cheese + wheat tortilla. **7.5**

BLUE T WRAP smoked turkey + spring greens + tomato + onion + swiss + garlic herb cream cheese + blue koi dressing + wheat tortilla. **7.5**

TUNA WRAP homemade garlic dill tuna salad + spinach + tomato + brown mustard + spinach tortilla. **7.5**

SALAD WRAP choice of any salad + choice of any dressing + choice of wheat or spinach tortilla. **7.5**

LETTUCE WRAP homemade garlic dill tuna salad + green leaf lettuce + tomato. *served with fruit.* **7**

SOUPS

CUP 3 OR A BOWL 4
NEW VARIETIES DAILY

SALADS

dressings: ranch + mandarin ginger + blue koi + balsamic + caesar + raspberry vinaigrette

STRAWBERRY PECAN strawberry + pecan + cucumber + red onion + spring greens + raspberry vinaigrette. **7**

CAESAR our traditional caesar salad. **7**

SPINACH + CUCUMBER spinach + cucumber + red onion + mozzarella + choice of dressing. **7**

ARTICHOKE black olive + artichoke + parmesan + green leaf. **7**

MIX GREENS cranberries + almonds + blue cheese crumbles + spring greens + raspberry vinaigrette. **6**

TOMATO BASIL tomato + onion + basil + mozzarella + spinach + balsamic. **7**

SALMON SALAD grilled salmon + pineapple + sweet corn relish + mandarin ginger dressing + spring greens. *served cold.* **8**

COMBOS

PICK TWO:
SOUP / SALAD / WRAP / SANDWICH *priced by selection*

BOXED LUNCH

ORDER DAY BEFORE BY NOON

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