breakfast

Available all day.

**ABC Bagel $3.99**
Spinach, bacon, cucumber and cream cheese on toasted bagel with a drizzle of balsamic glaze

**Breakfast Melt $3.99**
Eggs topped with choice of meat (ham, bacon or turkey), veggies (spinach, tomato, onion, pepperoncini), cheese (Swiss, smoked provolone or cheddar) and house sauce on fresh bread (multigrain, Italian, ciabatta or multigrain wrap)

**Toasted Bagel $2.29**
White or wheat, served with choice of butter, peanut butter or cream cheese

**Muffins $2.49**
Choice of Otis Spunkmeyer chocolate chip, wild blueberry or banana nut

**Oikos Greek Yogurt $1.79**

beverages

**Fountain Beverages $1.89**
Pepsi, Diet Pepsi, Yum Berry Sobe Life Water, Mountain Dew, Diet Mountain Dew, Dr. Pepper, Diet Dr. Pepper, Luzianne Southern Iced Tea

**Hot Beverages $1.89**
Tea, cocoa, cappuccino

**Freshly Ground Coffee $1.89**
Brewed medium roast, dark french roast and decaf from freshly ground beans

**Juice $1.65**
Orange, apple

sides

**Fresh Fruit Cup $2.69**

**Guacamole with Grilled Chips $1.99**

**Assorted Chips $1.29**

**Sabra Hummus with Pretzels $2.75**

desserts

**Fresh-baked Cookie $1.49**

**Dole Whip $1.89**

**Ener Chia Bites $2.25**

**Rockslide Brownie $2.75**

**Otis Spunkmeyer Minis $2.25**
Sandwiches

Served on your choice of fresh-baked sub roll, multigrain wrap or bed of Romaine.

*add soup to any sandwich for $2.99
*add sliced cheese to any sandwich for $0.49
*add extra meat to any sandwich for $0.99

Honey Ham $4.09
Prepared with house sauce, lettuce, tomato, red onion and sweet & spicy pickle slices

Veggie $4.09
Guacamole, smoked provolone, cucumber, tomato, spinach and mayo

Turkey $4.69
Prepared with house sauce, lettuce, tomato, red onion and sweet & spicy pickle slices

Roast Beef $4.99
Prepared with house sauce, lettuce, tomato, red onion and sweet & spicy pickle slices

Chicken Salad $4.79
Chunks of all-white-meat chicken, celery, grapes and mayo topped with toasted almonds

Paninis

Served on 7” ciabatta crust.

Artichoke & Mushroom $4.25
Mushroom and artichoke hearts over garlic Parmesan sauce, topped with mozzarella, provolone and oregano

Buffalo Chicken $4.25
Spicy chicken with mozzarella and provolone over ranch sauce

Cheese $4.25
Italian-blend cheeses over red pepper pesto

Salads

*add sliced chicken breast to any salad for $1.99

Mean Green half: $3.99 whole: $5.75
Mixed greens with spinach, cran raisins, diced pears, crumbled bacon, feta cheese and honey almonds, served with house dressing

Classic Green half: $3.69 whole: $5.35
Mixed greens, tomato, cucumber, red onion, shredded carrots, shredded cheese and homestyle croutons, with choice of dressing

Caesar half: $3.69 whole: $5.35
Romaine hearts topped with creamy Caesar, shaved Parmesan and homestyle croutons

Greek half: $3.69 whole: $5.35
Romaine hearts, roma tomatoes, cucumber, red onion, feta cheese, Kalamata olives, Grecian dressing and a fresh lemon wedge

Salad dressings: ranch, Grecian, creamy Caesar, fat-free Italian, house dressing, olive oil & lemon

Express Lunch

Feeding a group?
Ask about our box lunch options available for pre-order.

Nutrition information available by request, or search for MCLI on the myfitnesspal app or go to myfitnesspal.com.

Follow the MCLI on: 

Soup

Soup of the Day $4.19

PICK 2

Choose any two: soup of the day, 1/2 salad or 1/2 panini $6.95

*add $1.49 for premium panini choices
*add $2.49 for fountain drink and choice of chips