



BREAKFAST Served All Day

NEW YORKER 2 eggs + Choice of Bacon. Ham or Sausage +. American Cheese + Hard Roll	\$5.99
CAFÉ WAY 2 eggs + Bacon + Cheddar + lettuce + Tomato + Red Onion + Mayo + Croissant	\$6.99
SAUSAGE & CHEESE BISCUIT Sausage + American Cheese + Buttermilk Biscuit	\$4.00
AVOCADO SUNRISE 2 eggs + Sliced Avocado + Tomato + Sourdough Toast	\$7.99
BREAKFAST BURRITO Scrambled Eggs + Sausage + Home Fries + Cheddar + Peppers + Onions + Wrap	\$9.99
BURRITO BOWL 2 scrambled eggs + Sausage + Peppers + Onions + Home Fries + Cheddar Cheese	\$10.99
BACON EGG N' CHEESE WRAP Scrambled Eggs + Bacon + Home Fries + American Cheese	\$8.99
SPINACH FETA WRAP Egg white + Spinach + Feta + Wheat Wrap	\$9.99
SPICY AVOCADO WRAP Scrambled Egg + Bacon + Sliced Avocado + Chipotle Mayo	\$9.99
TONY'S FRUIT ROLL-UP Peanut Butter + Banana + Strawberries + Blueberries + Honey + Wheat Wrap	\$6.99
CLASSIC BREAKFAST PLATTER 2 eggs (any style) + Toast + Home Fries + choice of bacon or sausage	\$10.50
LIGHT BREAKFAST 2 eggs (any style) + Choice of Toast	\$5.50
PANCAKE PLATTER 2 Pancakes + 2 eggs (any style) + Bacon or Sausage	\$11.50
VEGGIE HASH 2 Eggs + Veggie Medley + Peppers + Onions + Home Fried Potatoes	\$10.99
BYO PANCAKES 2 Pancakes + Choose from the following toppings and add ins + Blueberries + Strawberries + Nutella + Chocolate Chips + Whipped Cream	\$7.99

GRINDS CAFÉ EXTRAS

ENGLISH MUFFIN \$2.50	BAGEL W/ CREAM CHEESE \$4.00
CROISSANT \$3.00	FRENCH TOAST STICKS \$4.00
BUTTERMILK BISCUIT \$2.50	TENDERS & FRIES \$13.99
SIDE OF HOME FRIES \$3.50	SOUP \$5.99/\$6.99 <small>Ask for our soup of the day!</small>
SIDE OF FRENCH FRIES \$4.50	CHILI \$5.99/\$6.99 <small>Seasonal</small>

KIDS MEALS

PB&J \$3.99 Peanut Butter + Grape Jelly + Choice of bread.	TURKEY SANDWICH \$6.99 Mayo + Lettuce + Tomato + American Cheese
HAM SANDWICH \$6.99 Mayo + Lettuce + Tomato + American Cheese	GRILLED CHEESE \$4.99 Choice of cheese American, Cheddar, Provolone, Swiss
CHICKEN FINGERS & FRIES \$6.99 Mayo + Lettuce + Tomato + American Cheese	Choice of Sauce

Served All Day

LUNCH

All Sandwiches, Paninis and Wraps served with chips and a pickle spear

SOUTHWEST CHICKEN PANINI Grilled Chicken + Cheddar + Bacon + Chipotle Sauce	\$11.75
TUSCAN CHICKEN PANINI Grilled Chicken + Pesto + Provolone + Roasted Red Peppers	\$11.75
CHICKEN BACON RANCH PANINI Chicken + Bacon + Ranch + Cheddar	\$11.75
BEEF N' CHEDDAR PANINI Roast Beef + Cheddar + Side of Au Jus or Horseradish	\$11.75
TURKEY & BACON PANINI Turkey + Bacon + Tomato + Chipotle Mayo + Provolone	\$11.75
CAPRESE PANINI Fresh Mozzarella + Sliced Tomatoes + Basil Pesto + Balsamic Glaze + Pressed between 2 slices of Rustic Italian Bread <small>Add Grilled Chicken for \$3.00</small>	\$11.75
3 CHEESE PANINI American Cheese + Provolone + Cheddar	\$10.75
HAM N' CHEESE PANINI Ham + Choice of American, Swiss, Provolone or Cheddar	\$11.75
RUEBEN SANDWICH Corned Beef + Swiss Cheese + 1000 island dressing + Grilled on Panini Press	\$11.99
BEEF ON WECK SANDWICH Roast Beef + Kimmelweck Roll + Side of Au Jus or Horseradish	\$11.99
GRILLED CHEESE N' SOUP COMBO Rustic Italian Bread + Choice of American, Swiss, Provolone or Cheddar + Cup of Soup	\$9.99
CHICKEN CAESAR WRAP Grilled Chicken + Romaine + Parmesan + Caesar Dressing	\$11.75
BUFFALO CHICKEN WRAP Chicken Tenders + Mild Sauce + Lettuce + Tomato + Bleu Cheese	\$11.75
TURKEY & BACON WRAP Turkey + Bacon + Tomato + Lettuce + Onion + Mayo	\$11.75
CHICKEN SALAD WRAP Chicken Salad + Lettuce + Tomato + Onion	\$11.75
B.L.T WRAP Bacon + Lettuce + Tomato + Mayo	\$11.75
TUNA WRAP Tuna + Lettuce + Tomato	\$11.75

Add Avocado for \$1.30 + White, Wheat, Sundried Tomato and Gluten Free (\$1) available

CAESAR SALAD Romaine + Parmesan + Caesar Dressing + Croutons	\$10.99
CRISPY CHICKEN SALAD Romaine + Chicken Tenders + Tomato + Cucumber + Red Onions + Cheddar + Honey Mustard + Croutons	\$12.99
SUMMER SALAD Mixed Greens + Strawberries + Cucumber + Walnuts + Balsamic Vinaigrette + Croutons	\$12.99
B.L.T SALAD Romaine + Bacon + Tomato + Red Onion + Ranch Dressing + Croutons	\$10.99
CHICKEN AVO BACON SALAD Romaine + Grilled Chicken + Avocado + Bacon + Parmesan + Caesar Dressing + Croutons	\$12.99
CAPRESE SALAD Baby Spinach + Sliced Tomatoes + Fresh Mozzarella + Basil Pesto + Balsamic Glaze <small>Add Chicken for an additional \$3.00</small>	\$12.99
GREEK SALAD Romaine + Feta + Cherry Tomatoes + Cucumber + Red Onion + Kalamata Olives + Greek Dressing + Croutons	\$11.99
SIDE SALAD Romaine + Cherry Tomatoes + Cucumber + Red Onion + Croutons + Balsamic Vinaigrette	\$6.99

Add Chicken to any salad for \$3.00

SMOOTHIE BOWLS

CLASSIC ACAI BOWL	\$12.50
Base: Acai	
Toppings: Strawberry + Blueberry + Coconut + Granola	
DRAGON BERRY BOWL	\$12.50
Base: Dragonfruit	
Toppings: Strawberry + Blueberry + Coconut + Granola	
PARADISE BOWL	\$12.50
Base: Acai	
Toppings: Banana + Coconut + Chia Seeds + Granola	
GOOD MORNING BOWL	\$12.50
Base: Acai	
Toppings: Strawberry + Blueberry + Banana + Chocolate Chips + Granola	
PITAYA BOWL	\$12.50
Base: Dragonfruit	
Toppings: Strawberry + Chocolate Chips + Granola	
NUTELLA BOWL	\$12.50
Base: Acai	
Toppings: Nutella + Strawberry + Chocolate Chips + Granola	
ISLAND TROPIC BOWL	\$12.50
Base: Dragon Fruit	
Toppings: Mango + Kiwi + Coconut + Banana + Granola	
EXTRA TOPPINGS	\$1.50
Almond Butter + Honey + Peanut Butter + Nutella + Banana + Coconut + Strawberry + Blueberry + Kiwi + Mango + Chia Seeds + Granola + Chocolate Chip	

THE BAKERY

*Made fresh daily by our in house baker
and available while supplies last*

CUT OUT COOKIES	\$2.00
SCONE	\$3.50
CINNAMON BUNS	\$3.75
CUPCAKES	\$3.50
JUMBO MUFFIN	\$3.75
TIRAMISU	\$4.00
HOMEMADE COOKIES	\$3.00
HOMEMADE BROWNIES	\$3.00
CANNOLIS	\$2.50
BISCOTTI	\$2.50
APPLE FRITTER	\$3.75
SPECIALTY BREAD SMALL	\$4.00
SPECIALTY BREAD LARGE	\$6.00



*Consult with our in house Pastry Chef, Cindy Repp
for all of your custom cake and bakery needs!*

S: (585) 431-3270 C: (585) 755-8861

Weddings, Birthday & Specialty Cakes, Cookies,
Pastries, Pies and more!

Regular is 16oz,
Large is 20oz

BEVERAGES

HOT COFFEE	\$2.99/\$3.49
LATTE	\$4.50/\$5.50
CAPPUCCINO	\$4.50/\$5.50
MACCHIATO	\$4.50/\$5.50
AMERICANO	\$3.50/\$4.50
HOT TEA	\$2.99
HOT CIDER <i>Seasonal</i>	\$3.50/\$4.50
VANILLA STEAMER	\$3.50
HOT MATCHA LATTE	\$5.50/\$6.00
HOT CHOCOLATE <i>Regular or White</i>	\$4.00/\$4.50

ICED COFFEE	\$2.99/\$3.49
COLD BREW <i>Original & Jamaican Me Crazy</i>	\$4.00/\$4.50
ICED LATTES	\$4.50/\$5.50
ICED MATCHA LATTE	\$5.50/\$6.00
ICED TEA	\$2.99
LEMONADE	\$2.99

Add Vanilla or Chocolate Protein Powder to any Drink for \$2

CHAI LATTE	\$5.50/\$6.00
Hot or Iced with choice of flavoring	
WHITE KNIGHT	\$4.50/\$5.50
Hot or iced latte flavored with white chocolate sauce choice of dairy	
RED EYE	\$3.75/\$4.25
Espresso with coffee. Choice of dairy and flavor	
BREVE	\$4.50/\$5.00
Latte made with half and half with espresso.	
LONDON FOG	\$3.99/\$4.49
Earl Grey tea, choice of dairy and vanilla flavoring	

ITALIAN SODA	\$5.50
A refreshing and colorful bubbly beverage made with your choice of flavored syrup	
REFRESHER	\$4.50/\$5.50
Lemonade with choice of Strawberry, Dragonfruit, Peach Mango or Watermelon Kiwi juice.	

SMOOTHIES 16oz	\$5.00
Strawberry, Strawberry Banana, Blueberry Pomegranate, Mango, Lemon, Chocolate Banana, Green Power Machine, Raspberry	

FROZEN COFFEE 16oz	\$5.00
Jamaican Me Cooler, Frosted Latte, Arctic Mocha, Frosted Carmella, Frozen Matcha, Frozen Chai, Frozen Chocolate Chai, Vanilla Dream, 20 Below Hot Chocolate	

FROZEN DRINKS 16oz	\$5.00
White Hot Chocolate, Peppermint Hot Chocolate, Vanilla Bean Chocolate Chip	

SODA	\$3.00	GATORADE	\$3.00
JUICE	\$3.00	ENERGY DRINK	\$4.00
WATER	\$2.50	SPARKLING WATER	\$4.00
MILK	\$2.75		

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