

# The Soulful Cup

## BREAKFAST AND LUNCH MENU

### Breakfast

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Served until 11am

#### **EGG BITES \$4**

Bacon and Spinach, Ham and Cheddar, or Veggie.

#### **CRUSTLESS QUICHE \$3.50**

A house-made quiche with sausage, quinoa, red peppers, and a cheese blend.

#### **QUICHE BAGEL SANDWICH \$4.50**

Our house-made crustless quiche served on a toasted bagel of your choice with cream cheese.

#### **MUFFIN \$3**

Blueberry, coffee cake and double chocolate.

#### **BAGEL \$2.50**

Everything, plain, or cinnamon raisin. Served toasted with cream cheese, butter and peanut butter.

#### **OATMEAL \$3**

Build your own with maple syrup, brown sugar, apples, cinnamon, and honey.

#### **BISCUITS AND GRAVY \$3.50**

Two biscuits with sausage gravy.

#### **CINNAMON ROLLS \$4**

Two house-made rolls with a maple, espresso glaze.

#### **WAFFLES \$4.50**

Two fluffy Belgian waffles served with butter and maple syrup. Sweeten with berry blend and whip cream for \$0.50.

### Lunch

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Choice between white or wheat hoagie, served with chips. Sub chips with pasta salad, potato salad or soup for +\$1.

#### **TOMATO MOZZARELLA HOAGIE \$6.25**

Toasted hoagie with spinach, mozzarella cheese, tomato and pesto.

#### **CLASSIC \$6.75**

A tasty classic sandwich with ham or turkey with cheddar cheese, tomato, and lettuce.

#### **CHICKEN SALAD \$6.75**

House-made chicken salad with celery on a hoagie of your choice.

#### **MEAT LOVERS \$6.75**

A house favorite with ham, turkey, hard salami, pepperoni, lettuce and tomato.

#### **HOT DOG \$3.50**

All beef hot dog on a white bun.

### Soup of the Day

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Ask your barista which soup is served today!

#### **CREAMY TOMATO \$3.25 - BOWL**

#### **CHICKEN TORTILLA \$3.25 - BOWL**

#### **POTATO \$3.25 - BOWL**

### Sweets

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All desserts are house-made, served in doubles and can be warmed.

#### **CHOCOLATE CHIP COOKIE \$2**

#### **PEANUT BUTTER COOKIE \$2**

#### **GLUTEN FREE CHOCOLATE CHIP \$3**

A delicious twist on a classic cookie, made with almond flour.