



FLASH BISTRO MENU

OPEN MONDAY - THURSDAY ⚡ BREAKFAST SERVED 7:30-11 AM

BREAKFAST

Omelets

\$4.29 | 320-460 cal

Bagel with Cream Cheese

\$2.49 | 342 cal

Breakfast Burrito

\$4.59 | 600 cal

Bacon Egg and Cheese Muffin

\$3.59 | 350 cal

Sausage Egg and Cheese Muffin

\$3.59 | 470 cal

2 Eggs and Toast

\$2.25

2 Eggs, Toast and Meat

\$3.00

BREAKFAST SIDES

Toast (1 slice)

\$1.00 | White, Wheat or Rye

Bacon

\$1.99 | 90 cal

Sausage Patty (1)

\$1.50 | 400 cal

Hashbrown (1)

\$1.25 | 150 cal

BREAKFAST DRINKS

Coffee or Hot Tea

\$1.79 | 12 Oz.

\$1.99 | 16 oz.

WRAPS & SALADS

Caesar Salad Wrap

\$6.49 | 600 cal

Chicken Caesar Salad

\$6.99 | 540 cal

Garden Salad

\$5.49 | 140 cal

Grilled Chicken Salad

\$6.99 | 540-600 cal

Mediterranean Chicken Salad

\$6.99 | 380 cal

Mediterranean Veggie Spinach Wrap

\$6.19 | 410 cal

Turkey Ham & Avocado Spinach Wrap

\$6.49

Side Grilled Chicken

\$2.49 | 230 cal

FROM THE GRILL

All-American Hamburger

\$4.99 | 420 cal

All-American Angus Cheeseburger

\$5.79 | 510 cal

Grilled Chicken Sandwich

\$6.49 | 380 cal

Spinach & Swiss Turkey Burger

\$5.49

Philly Cheesesteak Sub

\$9.19

Chicken Quesadilla

\$7.89

Buffalo Chicken Quesadilla

\$7.90

Chicken Bacon Ranch Melt

\$6.49 | 650 cal

Crispy Chicken Sandwich

\$6.49

Crispy Chicken Tenders (3)

\$4.99 | 510 cal

Crispy Chicken Tenders (6)

\$7.99 | 1020 cal

SUBS

Ham & Cheese Sub

\$6.99

Turkey Sub

\$7.49

Veggie Sub

\$5.50

~~~~~ Add avocado 50¢

## SIDES

### Steak Fries

\$2.49 | 380 cal

### Sweet Potato Fries

\$2.89 | 430 cal

### Onion Rings

\$3.79 | 450 cal

### Mozzarella Sticks (6)

\$6.79 | 600 cal

## GRAB 'N' GO

Available all day at the counter