



Breakfast served until 10:30am.

WRAPS

MAPLE BACON, EGG + CHEESE

Bacon glazed with sweet maple, scrambled egg, smoked Gouda cheese, salt and pepper in a Whole Grain Wrap.

CHIPOTLE CHICKEN, EGG + AVOCADO

Smoked pulled chicken breast, scrambled egg, smoked Gouda cheese, fresh avocado, chipotle aioli, peppadew peppers, cilantro, salt and pepper in a Whole Grain Wrap.

MEDITERRANEAN EGG WHITE VG

Egg whites, feta, parmesan, spinach, smoky tomato confit, basil-white bean puree, salt and pepper in a Whole Grain Wrap.

SANDWICHES

BACON, EGG + CHEESE

Applewood-smoked bacon, egg, Vermont white cheddar, salt and pepper on Artisan Ciabatta.

SAUSAGE, EGG + CHEESE

Sausage, over easy egg, Vermont white cheddar, salt and pepper on Brioche.

EGG + CHEESE VG

Over easy egg, Vermont white cheddar, salt and pepper on Brioche.

AVOCADO, EGG WHITE + SPINACH VG

Scrambled egg whites, a thick slice of Vermont white cheddar, fresh avocado, fresh baby spinach and tomato with salt and pepper on a freshly baked Sprouted Grain Bagel Flat.

BAGELS + PASTRIES

Served with cream cheese or butter.

BAGELS

Sprouted Grain Bagel Flat, Everything, Plain, Chocolate Chip, Whole Grain, French Toast, Sesame, Cinnamon Crunch, Asiago Cheese, Cinnamon Swirl, Blueberry.

CHOCOLATE CROSSIANT

A freshly baked, perfectly flaky butter croissant stuffed with chocolate flavored cream cheese and topped with a chocolate flavored drizzle and powdered sugar.

CHEESE BRITTANY

A freshly baked, flaky butter pastry, stuffed and topped with cream cheese filling for that just-right balance of airy pastry and creamy sweetness.

PECAN BREAD

Our pastry dough, twisted and braided with butter and freshly ground pecans coated with white icing for sweetness.

BEAR CLAW

Freshly baked pastry made with an almond filling and drizzled with icing and sliced almonds.

SOUFFLES

SPINACH + BACON

Freshly baked soufflé made with our savory egg mixture, spinach, cheddar cheese and bacon, and flavored with a hint of garlic.

HAM + SWISS

Freshly baked soufflé made with our savory egg mixture, ham and Emmental cheese.

FOUR CHEESE VG

Freshly baked soufflé made with our savory egg mixture, cheddar, romano, parmesan, and Neufchatel cheeses.

SPINACH + ARTICHOKE VG

Freshly baked soufflé made with our savory egg mixture, spinach, romano cheese, red peppers and artichoke hearts flavored with a hint of garlic.

OATMEAL + YOGURT

STEEL CUT OATMEAL WITH STRAWBERRIES + PECANS VG

Steel cut oats, cooked to perfection and topped with strawberries, pecans and cinnamon crunch topping.

GREEK YOGURT + MIXED BERRIES VG

Greek yogurt with honey, maple butter pecan granola with whole grain oats, and fresh strawberries and blueberries. Available all day, while they last.

Please email your breakfast order to alpharettacoffeebar@meetatroam.com

25% Convenience Fee

Please expect a 30-45 minute delivery once order has been confirmed.



SANDWICHES

Served with french bread, chips or an apple.

BACON TURKEY BRAVO

Oven-roasted turkey breast, applewood-smoked bacon, smoked Gouda, lettuce, tomato, signature sauce, and salt + pepper on tomato basil bread.

CHIPOTLE CHICKEN AVOCADO MELT

Smoked, pulled chicken, smoked gouda, avocado, fresh cilantro, zesty sweet peppadew piquet peppers + chipotle mayo on black pepper focaccia bread.

CLASSIC GRILLED CHEESE **VG**

American cheese on classic white bread.

HERITAGE HAM + SWISS

Artisan ham, swiss cheese, emerald greens + maple mustard sauce on country rustic bread.

MEDITERRANEAN VEGGIE **VG**

Zesty, sweet peppadew piquant peppers, feta, cucumbers, lettuce, tomatoes, red onions, cilantro-jalapeno hummus, and salt + pepper on whole grain flatbread.

NAPA ALMOND CHICKEN SALAD

Chicken with diced celery, seedless grapes, toasted almonds, and special dressing. Served with lettuce, tomatoes, salt and pepper on sesame semolina bread.

ROASTED TURKEY + AVOCADO BLT

Roasted turkey, applewood-smoked bacon, lettuce, tomatoes, avocado, mayo, and salt + pepper on sourdough bread.

SALADS

All salads can be made vegetarian.

MODERN GREEK SALAD WITH QUINOA

Quinoa tomato sofrito blend, romaine, kale, cucumbers, and kalamata olives tossed in greek dressing topped with feta and toasted almonds.

GREEN GODDESS COBB SALAD WITH CHICKEN

Chicken with arugula, romaine, kale, and radicchio blend, grape tomatoes and pickled red onions tossed in a freshly made green goddess dressing and topped with avocado, bacon, and hardboiled eggs.

FUJI APPLE SALAD WITH CHICKEN

Chicken with arugula, romaine, kale, and radicchio blend, grape tomatoes, red onions, and toasted pecan pieces, gorgonzola, and apple chips tossed in a sweet white balsamic vinaigrette.

SOUTHWEST CHILI LIME RANCH SALAD WITH CHICKEN

Chicken with arugula, romaine, adobo corn blend, quinoa tomato, sofrito blend, fresh cilantro, and masa strips tossed in a chili lime rojo ranch and topped with feta and avocado.

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25% Convenience Fee

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SOUP

Inquire about seasonal soups.

TEN VEGETABLE SOUP

A mix of hearty vegetables in seasoned vegetable stock with chickpeas, sprouted brown rice and dried Aleppo chili.

CHICKEN NOODLE

Fresh carrot, onion and celery simmered with all-white meat chicken breast in seasoned chicken broth with traditional egg noodles.

CREAMY TOMATO. **VG**

Pureed pear tomatoes and fresh cream with hints of red pepper and oregano, topped with housemate black pepper focaccia croutons.

BOWLS

Add chicken to any bowl

BAJA GRAIN BOWL

Cilantro lime brown rice with quinoa, chicken, black bean and corn salsa, salsa verde tomatoes, avocado, feta crumbles and greek yogurt.

MEDITERRANEAN GRAIN BOWL

Cilantro lime brown rice with quinoa, red grape tomatoes, kalamata olives, cucumbers, hummus, tahini dressing, feta crumbles, and greek yogurt with a squeeze of lemon.

YOU PICK TWO

Half salad, half sandwich or cup of soup. Bowls not included.