BREAKFAST BURRITOS 4.50

BACON
Bacon, egg, potatoes and cheese

CHORIZO
Chorizo, egg, potatoes and cheese

SAUSAGE
Breakfast sausage, egg, potatoes and cheese

VEGGIE
House-made roasted red peppers, green peppers, egg, onion, potatoes and cheese

BAGELS

SINGLE 1.50

Flavored: +.25
Gluten Free: +.75

DOZEN 15.00

Office Hero: +4.95
Includes two 8oz cream cheese

ADD ONS:

Cream Cheese	3.00
Flavored Cream Cheese	3.95
Butter, Peanut Butter, Jelly, or Honey	2.75
PB&J	3.00
Hummus	3.50

BREAKFAST SANDWICHES

Served on a choice of:
Bagel, English Muffin, Baguette, or Ciabatta

THE BASICS
Eggs, cheddar cheese, choice of meat (chorizo, sausage, bacon.)

THE VEGGIE GARDEN BREAKFAST
Eggs, avocado, spinach, roasted red peppers, red onion, choice of cheese

GREEN EGGS & HAM
Eggs, basil pesto, arugula, sliced ham, swiss cheese

THE RANCHERO
Eggs, salsa, chorizo, pepper jack cheese

THE GREEK
Eggs, spinach, red onion, tomato, crumbled feta cheese

THE CARTER
Eggs, ham, avocado, cheddar

BREAKFAST BOWLS 5.25

Eggs, potatoes and Three Sister's breakfast soup.

ADD TWO TOPPINGS

Onions	Olives	Green Peppers
Tomatoes	Feta	Cheese
Spinach	Artichokes	
Jalapeños	Roasted Red Pepper	

PICK ONE

English muffin Toast
Corn tortilla

THREE SISTERS
café & catering

COMBOS

SOUP sm 4.65 med 5.20 lg 5.75
Choose your soup size

With Bread add 0.80
With Bread & Cookie add 1.60

COMBO MEAL 2.50
Add chips and 20 oz. drink

SOUP, SIDE SALAD & BREAD
Choose your soup size
sm 8.20 med 8.70 lg 9.20

SOUP & HALF SANDWICH/PANINI
Choose your soup size
sm 8.20 med 8.70 lg 9.20

HALF SANDWICH & SIDE SALAD 8.50

ADD SOUP TO SANDWICH, PANINI, SALAD OR WRAP
sm 3.05 med 3.55 lg 4.05

THREE SISTERS
café & catering

SANDWICHES 8.50

Served on white or wheat baquette

SISTERS CLUB
Roasted turkey, shaved ham, smoked bacon, cheddar, red onion, romaine, roma tomato, mayo

ROAST BEEF
Roast beef, provolone, tomato, arugula, aioli spread

CHICKEN FLORENTINE
Chicken breast, provolone, house-made roasted red peppers, spinach, pesto

SALSALITO TURKEY
Roasted turkey, jalapeño cream cheese, avocado, house-made red peppers, romaine, oil, black olives

CHICKEN SALAD
House-made chicken salad, provolone, roma tomato, fresh greens

TUNA SALAD
Tuna salad, swiss, red onion, roma tomato, spinach

VEGGIE GARDEN
Hummus, avocado, house-made roasted red peppers, green peppers, artichoke, cucumber, roma tomato, spinach

WRAPS 8.00

SPICY CHICKEN
Red chile tortilla, chicken breast, cheddar, jalapeño, green peppers, red onion, tomato, romaine, buffalo ranch dressing

CHICKEN CLUB
Flour tortilla, chicken breast, bacon, cheddar, lettuce, tomato, ranch dressing

THE TURK
Whole wheat tortilla, turkey, bacon, lettuce, provolone, tomato, honey mustard

ATHENS VEGGIE
Pesto tortilla, lettuce, feta, cucumber, tomato, red onion, sliced green pepper, artichoke hearts, Italian dressing

CHICKEN CAESAR
Pesto tortilla, chicken breast, romaine, parmesan, crushed croutons, Caesar dressing

ITALIAN TURKEY
Flour tortilla, roasted turkey, feta, spinach, pesto, red onion, roma tomato, artichoke hearts

CHICKEN SALAD WRAP
Pesto tortilla, house-made chicken salad, mixed greens, provolone, red onion, roma tomato



PANINI 8.65

CAPRESE
Seasoned chicken breast, fresh mozzarella, tomato, red onion, spinach, house-made pesto, on asiago basil ciabatta

TURKEY, AVOCADO & BACON
Turkey, bacon, avocado, provolone, spinach, tomato, olive oil, on ciabatta

SOUTHWEST CHICKEN
Seasoned chicken breast, pepper jack, red onion, green peppers, tomato, chipotle ranch, on jalapeño jack ciabatta

MEDITERRANEAN CHICKEN
Seasoned chicken breast, provolone, artichoke hearts, red onion, tomato, spinach, aioli spread, on asiago basil ciabatta

HAM & SWISS
Shaved ham, swiss, house-made roasted red peppers, Dijon mustard, on pretzel bread

{GF} Gluten free options are available for 1.00

SALADS 8.50

RASPBERRY WALNUT
Spinach, mixed greens, feta, walnuts, craisins, raspberry dressing

ARUGULA PARMESAN
Arugula, spinach, parmesan, roma tomatoes, red onion, chickpeas, olive oil, red wine vinegar

THE GREEK
Romaine, spinach, feta, artichokes, cucumbers, black olives, roma tomatoes, balsamic dressing

CLASSIC CHICKEN CAESAR
Romaine, chicken breast, parmesan, croutons, caesar dressing

BUFFALO CHICKEN
Romaine, chicken, red onion, green pepper, tomato, shredded cheddar, buffalo ranch

ROASTED BEET AND FETA
Arugula, spinach, crumbled feta, roasted beets, walnuts, balsamic-Dijon vinaigrette

SPINACH AVOCADO
Spinach, avocado, croutons, green peppers, black olives, balsamic-Dijon vinaigrette

BUILD YOUR OWN SALAD
Choose any five ingredients.
Add chicken for 1.25, or substitute for two ingredients

COFFEE & TEA

	sm	med	lg
HOUSE COFFEE	1.75	2.00	2.25
ESPRESSO(DOUBLE)	2.50		
ESPRESSO(QUAD)	3.50		
AMERICANO	2.50	2.85	3.25
LATTE	3.00	3.50	4.00
CAPPUCCINO	3.00	3.50	4.00
MOCHA	3.40	3.95	4.50
CAFE AU-LAIT	2.70	3.00	3.50
MACCHIATO(DOUBLE)	2.25		2.75
CON PANNA(DOUBLE)	2.25		
CHAI(TWO VARIETY)	3.25	3.55	4.05

NON-COFFEE DRINKS

HOT CHOCOLATE	2.90	3.20	3.60
STEAMERS	2.90	3.20	3.60
HOT TEA	1.25		

EXTRAS

ESPRESSO SHOTS	0.75
SOY MILK	0.75
ALMOND MILK	0.75
FLAVORED SYRUPS	0.50
CHOCOLATE SAUCES	0.75

