SIGNATURE SANDWICHES

Served with choice of kettle chips (250 cal), fresh fruit (45-115 cal) or coleslaw (175 cal)

Upgrade any sandwich to a Fresh Baked Croissant for $.95

Croissant Club | $8.29 (585 cal)
Turkey, pepper jack, lettuce, tomato & honey mustard on a fresh baked croissant

Corned Beef Rachel | $7.99 (605 cal)
Tender corned beef, cole slaw, Swiss & Russian dressing on marble rye

Pesto Chicken | $8.79 (820 cal)
Roasted chicken, roasted red peppers, provolone & basil pesto on white pane

The River Hawk | $8.99 (840 cal)
Smoked turkey, black forest ham, provolone, bacon, lettuce, tomato & sundried tomato aioli on white pane

Chipotle Chicken | $7.99 (1020 cal)
Roasted chicken, bacon, pepper jack, lettuce, tomato & chipotle mayo on white pane

Monte Cristo | $7.59 (595 cal)
Turkey, ham, American & Swiss cheese on a French toast bagel with maple syrup

California Turkey | $8.99 (530 cal)
Smoked turkey, bacon, guacamole, pepper jack & honey mustard on white pane

Chicken Caesar Wrap | $7.19 (820 cal)
Grilled chicken, romaine, parmesan, croutons & caesar dressing on a white wrap

Deli Classic | $7.29
Turkey (630), Ham (670), Tuna Salad (650), or Chicken Salad (650) with cheese, lettuce, tomato & mayonnaise on white or wheat

Hummus & Veg Wrap | $7.49 (550 cal)
Hummus, tomato, red onion, cucumber, red peppers, spinach & pepperoncini on a wheat wrap

MAKE IT A COMBO!
Add a Regular Fountain Soda for $1.00

LOADED MAC & CHEESE

Our creamy cheese blend is blended with cavatappi pasta and topped to your liking.

Chicken Buff-a-Q | $6.49 (845cal)
Mushroom Florentine | $6.49 (795 cal)
Steak Bomb | $6.49 (860 cal)
Classic Cheese | $5.49 (650 cal)

Additional nutritional information available upon request. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.
SOUP & SALADS

Cranberry Quinoa Salad | $6.79 (215 cal)
Quinoa with dried cranberries, toasted almonds, peppers, carrots & chick peas atop greens with honey dijon

Southwest Cobb | $7.89 (830 cal)
Grilled chicken, black bean & corn relish, tomato, cheddar, guacamole, tortilla strips & greens with chipotle ranch dressing

Crossings Blend | $6.59 (350 cal)
Dried cranberries, Mandarin oranges, feta, almonds & greens with raspberry vinaigrette

Garden Salad | $5.59 (230 cal)

Caesar Salad | $5.79 (480 cal)

Add Falafel or Chicken to any Salad $2.00

Soup of the Day
$3.99 12oz  $5.29 16oz
View Our Soup Menu Online at www.uml.edu/dining!

CROSSROADS COMBO $7.99

Includes Regular Fountain Soda with two (2) items from below:

1/2 Deli Classic Sandwich
Turkey (630), Ham (670), Tuna (650) or Chicken Salad (650)

8oz Soup of the Day

8oz Cranberry Quinoa Salad

8oz Classic Mac & Cheese

1/2 Garden or 1/2 Caesar Salad

And one (1) side:

Seasoned Kettle Chips
House Coleslaw
Fresh Fruit

SAL’S PIZZA

Individual Flatbreads | $7.99
Mushroom Florentine (750 cal)
Sautéed mushrooms with rosemary & thyme, baby spinach, roasted onion, garlic & mozzarella

Chicken Bacon Ranch (1045 cal)
Grilled chicken & bacon with cheddar, mozzarella & ranch dressing

Steak Bomb (830 cal)
Seasoned sirloin, roasted peppers and onions

Chicken Buf-a-Q (885 cal)
Grilled chicken, spicy buffalo sauce, smoky BBQ sauce, bleu cheese, mozzarella and cheddar

12” Sal’s Pizzas  Serves 1-2 people
Cheese $7.99 (1610 cal)
Pepperoni $8.99 (1850 cal)
Vegetarian $8.99 (1725 cal)
Specialty $12.49
Mushroom Florentine (1495 cal), Steak Bomb (1660 cal), Chicken Bacon Ranch (2095 cal), Chicken Buf-a-Q (1770 cal)
Breakfast Menu

Bagels & Spreads Available All Day | Sandwiches Available until 10:30am

Specialty Sandwiches

Southwest Sunrise
Egg, bacon, cheddar, peppers, tomato, onion & chipotle sauce
$4.49 / 600 calories

Bistro Egg Wrap
Egg whites, cheddar, tomato, spinach & basil pesto
$4.99 / 720 calories

Egg Sandwiches
Choice of Bagel, White or Wheat English Muffin

Egg & Cheese
$3.49 / 450 calories

Bacon, Egg & Cheese
$3.79 / 530 calories

Sausage, Egg & Cheese
$3.79 / 640 calories

Ham, Egg & Cheese
$3.79 / 530 calories

A la Carte

Bagel & Cream Cheese
Serving Perfecto’s Bagels & cream cheese
$2.69 / 240-670 calories

Plain Bagel Only
$1.99 / 170-380 calories

English Muffin
Choice of white or wheat with jelly or butter
$1.49 / 120-130 calories
## Coffee & Tea

<table>
<thead>
<tr>
<th>Drink</th>
<th>Tall</th>
<th>Grande</th>
<th>Venti</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Brewed Coffee</td>
<td>1.95</td>
<td>2.25</td>
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<tr>
<td>Chai Tea Latte</td>
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<td>Full-Leaf Brewed Tea</td>
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<tr>
<td>Hot Chocolate</td>
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<tr>
<td>Iced Coffee</td>
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<td>2.75</td>
<td>2.95</td>
</tr>
<tr>
<td>Shaken Iced Tea</td>
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<td>2.95</td>
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<tr>
<td>Iced Tea Lemonade</td>
<td>2.75</td>
<td>3.25</td>
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## Frappuccino

<table>
<thead>
<tr>
<th>Frappuccino</th>
<th>Tall</th>
<th>Grande</th>
<th>Venti</th>
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<tbody>
<tr>
<td>Coffee</td>
<td>3.45</td>
<td>3.95</td>
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<tr>
<td>Caramel</td>
<td>3.95</td>
<td>4.75</td>
<td>5.25</td>
</tr>
<tr>
<td>Mocha</td>
<td>3.95</td>
<td>4.75</td>
<td>5.25</td>
</tr>
<tr>
<td>Java Chip</td>
<td>3.95</td>
<td>4.75</td>
<td>5.25</td>
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<tr>
<td>White Chocolate</td>
<td>3.95</td>
<td>4.75</td>
<td>5.25</td>
</tr>
</tbody>
</table>

## Extras

- Soy Milk: $0.60 / 15 ml
- Flavor Shot: $0.50 / 5-20 ml
- Espresso Shot: $0.80 / 5 ml

Before placing your order, please inform your server if a person in your party has a food allergy.
# Espresso

**HOT**

<table>
<thead>
<tr>
<th></th>
<th>tall</th>
<th>grande</th>
<th>venti</th>
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<tbody>
<tr>
<td></td>
<td>12 fl oz</td>
<td>16 fl oz</td>
<td>20 fl oz</td>
</tr>
<tr>
<td>Caramel Macchiato</td>
<td>3.95  190</td>
<td>4.65  250</td>
<td>4.95  310</td>
</tr>
<tr>
<td>Caffe Latte</td>
<td>3.25  150</td>
<td>3.95  190</td>
<td>4.25  240</td>
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<tr>
<td>Vanilla Latte</td>
<td>3.75  200</td>
<td>4.45  250</td>
<td>4.75  320</td>
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<tr>
<td>Caffe Mocha</td>
<td>3.75  230</td>
<td>4.45  290</td>
<td>4.75  380</td>
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<tr>
<td>White Chocolate Mocha</td>
<td>3.95  280</td>
<td>4.65  360</td>
<td>4.95  460</td>
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<tr>
<td>Caffe Americano</td>
<td>2.25  5</td>
<td>2.95  5</td>
<td>3.25  10</td>
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<tr>
<td>Cappuccino</td>
<td>3.25  90</td>
<td>3.95  120</td>
<td>4.25  150</td>
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<tr>
<td>Espresso</td>
<td>solo  1.75  5</td>
<td>dopo  1.95  10</td>
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**ICED**

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<th></th>
<th>12 fl oz</th>
<th>16 fl oz</th>
<th>24 fl oz</th>
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<tbody>
<tr>
<td></td>
<td>cal</td>
<td>cal</td>
<td>cal</td>
</tr>
<tr>
<td>Iced Caramel Macchiato</td>
<td>3.95  180</td>
<td>4.65  250</td>
<td>5.25  350</td>
</tr>
<tr>
<td>Iced Caffe Latte</td>
<td>3.25  100</td>
<td>3.95  130</td>
<td>4.45  180</td>
</tr>
<tr>
<td>Iced Vanilla Latte</td>
<td>3.75  140</td>
<td>4.45  190</td>
<td>4.95  270</td>
</tr>
<tr>
<td>Iced Caffe Mocha</td>
<td>3.75  180</td>
<td>4.45  230</td>
<td>4.95  340</td>
</tr>
<tr>
<td>Iced Caffe Americano</td>
<td>2.25  5</td>
<td>2.95  5</td>
<td>3.25  10</td>
</tr>
<tr>
<td>Iced Cappuccino</td>
<td>3.25  120</td>
<td>3.95  160</td>
<td>4.45  220</td>
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</tbody>
</table>

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