



GOOD DAY CAFE MENU

BREAKFAST

available all day

Baked Oatmeal \$6.00

House made with steamed milk.
Add mixed berries +\$1

Breakfast Sandwich \$5.00

With egg and American cheese
on a plain or everything bagel.

On a croissant +\$1.

Add bacon, sausage or ham +\$1

Sub cheddar cheese +\$1

Zack's Power Tower \$10.50

Sausage, bacon, egg and cheddar with
sun dried tomato aioli and nutrient rich
spinach on a plain or everything bagel.

On a croissant +\$1

Gluten free bread +\$1.50

Toasted Bagel \$3.50

Plain or everything. Cream cheese,
butter and/or jam included.

Protein Stack \$5.00

Choose 2 proteins (Bacon,
Sausage, Ham or Turkey).

Choose 1 cheese (Cheddar or American).

SIDES/OTHER

Ham & Cheese - A La Carte \$9.00

On a pretzel roll. Add chips +\$2

Grilled Cheese - A La Carte \$6.00

Cheddar, American & Cream
Cheese. Add chips +\$2

Vegan Chickpea Salad \$ 3.99/6.99

Soup of the Day \$ 3.99/6.99

LUNCH

Paninis are served on white or whole grain with a side
of sea salted kettle chips. Gluten free bread +\$2.00

Buffalo Chicken Panini \$15.00

Spicy buffalo smothered chicken, pickled
onions, cheddar cheese and cream cheese
grilled to perfection.

Cheesy Chicken Bacon Ranch Wrap \$16.00

White meat chicken, bacon and
house-made pickled onions topped
with cheddar and ranch. Nestled snugly
in a wrap and grilled until crispy.

Cheesy GDC BLT Panini \$13.00

Grilled cheese meets gourmet BLT ft.
house-made jammy tomatoes, sharp cheddar
cheese, cream cheese, bacon and spinach.

Chicken Panini \$14.00

White meat chicken, sundried tomato
pesto aioli, pickled onions & American cheese.

Turkey Pesto Panini \$14.00

Turkey, basil pesto, spinach &
cheddar cheese.

White Bean Hummus Panini \$10.00

House-made white bean hummus,
jammy tomatoes, baby spinach
and American cheese.

GOODIES

Baked Fresh Daily

Cookies \$3.00

Scones \$3.50

Nutella Croissant \$5.50

Brownie *Gluten Friendly* \$4.00