

BREAKFAST

Hot Breakfast Buffet - 8.95/pound

MTO Omelets

Cheese or Veggie	4.25
Cheese & Veggie	4.75
Cheese & Meat.....	5.25
Cheese . Veggie & Meat	5.95

Breakfast Sandwiches

Egg*.....	2.95
Egg & Cheese*.....	3.15
Egg . Cheese & Veggie*.....	3.50
Meat	3.50
Egg & Meat*.....	3.50
Meat & Cheese.....	3.50
Egg . Cheese & Meat*.....	3.95

Extras

Bacon.....	.75/piece
Sausage.....	.50/piece
Bagels . English Muffins.....	1.50
Biscuits . Muffins & Toast	
Extra Spread.....	.50
Eggs only*.....	1.10 ea

MENU



*Located on the 3rd Floor
SunTrust Center 919 East Main St.
Downtown RVA*

BREAKFAST

7am - 9:30am

LUNCH

11:30am - 3pm

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LUNCH

ACTION & PANINI

Daily Action Station	8.95
'Premium' Action Station.....	10.95

Panini <i>(includes house chips)</i>	
Half/Full.....	4.00/7.50
Vegetarian <i>(includes house chips)</i>	
Half/Full.....	3.50/6.50

COMFORT MEAL

Comfort Combo.....	8.95
<i>(Entrée & 2 Sides)</i>	
Comfort Entrée Only	5.95
A La Carte Side.....	1.95

GREENS & GRAINS

Starting at 6.95

Add Protein	1.50
Add Cheese.....	.75
Each Additional Topping.....	.50

MARKET TABLE

*2 Daily Soups & Fresh, Seasonal Selections
chosen & prepared by Chef Randy Roscoe*

GRILL & MTO

From the Grill

All Beef or Turkey Burger*.....	5.75
Chicken Philly	6.25
Hot Dog	2.95
Grilled or Crispy Chicken Sandwich	5.75
Veggie Burger.....	4.25

MTO Deli Sandwich

Tuna Melt.....	5.75
Turkey . Ham or Roast Beef	5.95
Choice of Meat & Cheese.....	6.25
Grilled Cheese	3.95

Extras

Fries.....	1.95
Sweet Potato Tots.....	2.95
Add Cheese / Bacon.....	.60 / 1.50
Chicken Tenders	3 for 4.95

**NOTICE: Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of foodborne illness*