

The Falcon

Grain Bowls **\$8.00**

Hot rice, served with choice of toppings, sauce, and protein of your choice.

Protein Varieties:

Grilled Chicken, Crispy Chicken, Beef Brisket

Sauce Varieties:

Kick-in Sauce, Sweet & Sour, Gochujang, or General Tso's

Noodle Bowls **\$7.50**

Sautéed Lo Mein Noodles, served with choice of toppings, sauce, and protein of your choice.

Protein Varieties:

Grilled Chicken, Crispy Chicken, Beef Brisket

Sauce Varieties:

Kick-in Sauce, Sweet & Sour, or General Tso's

Green Bowls **\$8.25**

Romaine Lettuce or Spring Mix, served with choice of toppings, dressing, and protein of your choice.

Protein Varieties:

Grilled Chicken, Crispy Chicken, Beef Brisket

Dressing Varieties: *Ranch, Caesar, Greek, Balsamic, and Green Goddess*

Signature Flatbreads

Signature Flatbreads prepared as described, served hot with your choice of fresh fruit or house made chips.

California Club Flatbread **\$8.00**

Grilled chicken, avocado, chipotle mayo, pepper jack cheese, bacon, lettuce, and tomato

Caprese Flatbread **\$8.00**

Fresh mozzarella, basil pesto, and tomato

Smoked Turkey **\$8.00**

Smoked turkey breast, garlic aioli, American cheese, bacon, lettuce, and tomato

BBQ Chicken Flatbread **\$8.00**

Grilled chicken, BBQ sauce, pepper jack cheese, bacon, spinach, onion and tomato

CYO Flatbreads

Create your own flatbread from a wide selection of meats, cheeses, sauces, and toppings.

Create Your Own Flatbread **\$8.00**

The Falcon

Open Monday—Friday,
7:30am to 3:30pm

Grab'n'Go

We offer a wide variety of grab n' go items including bottled beverages, salads, sandwiches, fresh cut fruit, yogurt, fresh pastries, cheese, granola and other bars, chips and pretzels, and candy

Nutrition Info

For detailed nutrition information, go to: messiah.edu/menu

Breakfast

Breakfast available from 7:30 - 10:45 a.m.

Breakfast sandwiches are prepared with a fresh cracked egg on your choice of bagel or English muffin.

Egg & Cheese Sandwich
\$3.00

Bacon, Egg & Cheese Sandwich
\$4.00

Sausage, Egg & Cheese Sandwich
\$4.00

Ham, Egg & Cheese Sandwich
\$4.00

Two Fried Eggs
\$2.50

Two Fried Eggs with Bacon
\$3.25

Two Fried Eggs with Sausage
\$2.75

Hash Brown \$1.75

Hot Drinks

All specialty coffee drinks can be made with milk, soy milk, or almond milk.

Fresh Brewed Coffee

12oz | \$2.10 16oz | \$2.85

Mochas, Cappuccino, Latte, and

Caramel Macchiato

12oz | \$3.95 16oz | \$4.60

Americano

12oz | \$2.50 16oz | \$3.10

Chai Latte

12oz | \$3.95 16oz | \$4.60

Hot Chocolate

12oz | \$2.50 16oz | \$3.10

Iced Drink

16oz \$4.60 | 24oz \$5.60

Hot Tea

12oz or 16oz | \$1.60

London Fog 12oz \$2.50/16oz \$3.10