THE TRAILHEAD
Cafe
Gateway Center | esf.edu/trailhead | /ESFTrailhead

Monday-Friday, 7:30 a.m. - 4:30 p.m.

Vegetarian Item/Option Available

BREAKFAST
- Signature Cinnamon Roll $3.50
- Assorted Freshly Baked Muffins $2.65
- Bagel with Butter or Jelly $1.70
  White, Everything, French Toast; add plain cream cheese or peanut butter +$0.55 ea.
- Egg & Cheese Breakfast Sandwich $2.65
  Served all day on a biscuit, bagel, or english muffin
- Deluxe Breakfast Sandwich $3.75
  Served all day; Egg, cheese, choice of protein, and choice of fresh toppings on a biscuit, bagel, or english muffin (egg whites available; extra egg or tofu +$0.75; extra cheese, meat +$0.55)

ODDS 'N ENDS
Soup of the Day Cup $3.00 | Bowl $4.25
- Rice Bowl $6.50
  Beef, chicken, or vegetarian with homemade pico de gallo, sour cream, cheddar cheese, black beans and guacamole on a bed of rice
- Burrito $6.50
  Beef, chicken, or vegetarian with homemade pico de gallo, sour cream, rice, cheddar cheese, black beans and guacamole on a flour tortilla
- Cheese Quesadilla $4.25
  Flour tortilla filled with melted cheese, served with sour cream and homemade pico de gallo
- Chicken & Cheese Quesadilla $5.25
  Flour tortilla filled with seasoned chicken and cheese, served with sour cream and homemade pico de gallo
- French Fries $2.35
- Specialty Fries $2.75
- Fruit & Yogurt Parfait $4.50
- Cookies, Brownies $1.95 ea.

BURGERS, SANDWICHES & SUBS
Served with potato chips or carrots (substitute fries +$1.75; specialty fries +$2.15)
- Hamburger $4.25
  Beef patty with lettuce, tomato, and onion
- Cheeseburger $4.50
  Beef patty with American cheese, lettuce, tomato, and onion
- Black Bean Burger $4.50
  House-made and topped with lettuce, tomato and onion
- Grilled Cheese $4.00
  All American cheese grilled to perfection on white or wheat café bread
- Buffalo Chicken Sandwich $6.75
  Breaded chicken breast tossed in hot sauce with lettuce, tomato, and onion
- Grilled Chicken Sandwich $4.25
  Marinated grilled chicken breast with lettuce, tomato, and onion
- Beef & Cheddar Sandwich $6.65
  Shaved grilled beef with melted cheddar cheese and crispy fried onions, served with horseradish sauce
- Chipotle Chicken Specialty Sub $7.25
  Grilled chicken breast, homemade chipotle mayonnaise, roasted red peppers, provolone cheese, red onion, and mixed greens
- Italian Specialty Sub $7.25
  Sandwich pepperoni, hard salami, Virginia baked ham and provolone cheese topped with lettuce, tomato, onion and Italian dressing
- California Turkey Specialty Sub $7.25
  Oven roasted turkey breast and Swiss cheese topped with cucumbers, lettuce, onion and guacamole
- Build Your Own Sub $5.25 - $7.25
  Your choice of bread, meat, cheese, toppings and dressings built just the way you like it (extra meat +$2.00; extra cheese +$0.55; vegan cheese +$1.00; add bacon +$0.85; add guacamole +$1.25)

BEVERAGES
- Fountain Beverages Sm. $1.75 | Lg. $2.00
- Chef’s Choice Yogurt Smoothie $4.50
- Paul deLima Coffee Sm. $2.15 | Lg. $2.45
  Locally roasted right here in Syracuse
- Specialty Coffee Drinks
  Whole milk available, substitute soy milk, almond milk, oat milk +$0.70; extra espresso +$0.80; X-Flavor shots +$0.55
- Espresso $2.05
- Cappuccino or Latte
  Tall $3.30 | Grande $3.80
- Mocha Latte
  Tall $3.80 | Grande $4.50
- Caramel Latte
  Tall $4.00 | Grande $4.80
- Chai Tea Latte
  Tall $3.75 | Grande $4.30
- Hot Chocolate
  Tall $2.80 | Grande $3.35

Please note: Ingredients and nutritional content may vary. Manufacturers may change their product formulation or consistency of ingredients without our knowledge, and product availability may fluctuate. While we make every effort to identify ingredients, we cannot assure against these contingencies. It is, therefore, ultimately the responsibility of the customer to judge whether or not to question ingredients or choose to eat selected foods. Gluten free items are available for an additional charge. If you have any questions regarding ingredients, please consult a dining manager.