

# PICK-A-PAIR

## SELECT 2 \$7.29

Cup  
of Soup

1/2  
Gourmet  
Sandwich

Mini  
Garden  
Salad

all 1/2 sandwiches served on sliced honey wheat bread

## GOURMET SANDWICHES

- CHICKEN SALAD** nuts 6.79  
Homemade chicken salad, Romaine lettuce, tomato
- TURKEY CHEEZER** 6.79  
Oven-roasted turkey, Provolone cheese, Romaine lettuce, tomato, mayo
- ROAST BEEF CHEEZER** 6.89  
Roast beef, Cheddar cheese, Romaine lettuce, tomato, spicy brown mustard, mayo
- ALBACORE TUNA SALAD** 6.89  
Homemade white albacore tuna salad, Romaine lettuce, tomato
- BIG ISLAND TUNA SALAD** nuts 7.19  
Homemade white albacore tuna salad (includes hickory smoked bacon, raisins, pecans), Romaine lettuce, tomato

## SALADS

- CHICKEN SALAD PLATTER** nuts 7.99  
Romaine lettuce, homemade chicken salad, Cheddar cheese, boiled egg, tomato
- TUNA SALAD PLATTER** 8.19  
Romaine lettuce, homemade white albacore tuna salad, Cheddar cheese, boiled egg, tomato
- HARVEST SALAD** nuts 9.29  
Romaine lettuce, oven-roasted turkey, raisins, pecans, Mandarin oranges
- COBB SALAD** 8.89  
Romaine lettuce, fresh chicken breast, hickory smoked bacon, tomato, Blue cheese crumbles
- MAUI SALAD** nuts 8.89  
Romaine lettuce, fresh chicken breast, Blue cheese crumbles, pecans, Mandarin orange
- CHEF SALAD** 8.89  
Romaine lettuce, oven-roasted turkey, ham, Cheddar cheese, egg, cucumbers, tomato

# SIGNATURE SANDWICHES

- CHICKEN SALAD & APPLES**  **6.89**  
Homemade chicken salad, blue cheese dressing, hickory smoked bacon, Granny Smith apple
- CADILLAC CHICKEN** **6.79**  
Fresh chicken, Provolone cheese, hickory smoked bacon, Romaine lettuce, tomato, honey mustard
- CURRY CHICKEN SALAD**  **6.99**  
Homemade sweet & spicy curry chicken salad, Romaine lettuce, tomato
- TURKEY & PEAR WITH GOAT CHEESE** **7.99**  
Oven-roasted turkey, fresh pear, Goat cheese, Romaine lettuce, sweet chili sauce
- CHICKEN MELT**  **7.19**  
Homemade chicken salad, hickory smoked bacon, Cheddar cheese, Romaine lettuce, tomato
- TUNA MELT** **7.29**  
White albacore tuna salad, hickory smoked bacon, Cheddar cheese, Romaine lettuce, tomato
- BBLT** **6.99**  
Six slices of hickory smoked bacon, Romaine lettuce, tomato, mayo served on sliced honey wheat bread
- ORIGINAL VEGGIE** **6.79**  
Fresh avocado, roasted red peppers, Romaine lettuce, tomato, fresh cucumber, Provolone cheese, mayo



## UNDER 400 CALORIES

- HUMMUS, CHICKEN, & GOAT CHEESE WRAP** **6.29**  
ON A FLOUR TORTILLA  
Fresh chicken, hummus, Romaine lettuce, diced tomatoes, diced cucumbers, Goat cheese, Balsamic dressing
- HUMMUS VEGGIE SANDWICH** **6.29**  
ON TOASTED HONEY WHEAT  
Hummus, cucumbers, tomatoes, Romaine lettuce, fresh avocado, roasted red peppers
- TURKEY APPLE SWISS** **6.29**  
ON A MULTI-GRAIN BOULE  
Oven-roasted turkey, Granny Smith apple slices, Swiss cheese, Dijon aioli, hint of Raspberry vinaigrette

# HOT SANDWICHES

- FRENCH DIP** 6.89  
Sliced roast beef, Provolone cheese, caramelized onions served with Au Jus dip
- TURKEY & BRIE** 7.19  
Oven-roasted turkey, Brie cheese, Granny Smith apples, dijon aioli
- CHICKEN PORTABELLA PANINI** 7.19  
Fresh chicken, marinated portabella mushroom, roasted red peppers, Provolone cheese, basil pesto aioli
- CUBAN** 7.19  
Mojo pork loin, ham, Swiss cheese, pickles, mustard on Cuban bread (Swap Pepper Jack cheese and jalapeños for a spicy kick!)

# SIGNATURE WRAPS

- BUFFALO WRAP** 6.79  
Fresh chicken, Cheddar cheese, tomato, Romaine lettuce, buffalo sauce, Blue cheese dressing
- TUCSON WRAP**  6.79  
Fresh chicken, hickory smoked bacon, Cheddar cheese, Romaine lettuce, tomato, toasted almonds, creamy Ranch dressing
- TURKEY-BACON-AVOCADO** 6.99  
Oven-roasted turkey, hickory smoked bacon, fresh avocado, Romaine lettuce, tomato, basil pesto aioli
- CHUNKY CHICKEN SALAD WRAP**  6.29  
Homemade chicken salad, tomato, Romaine lettuce

# SUPERFOODS

- AVOCADO TOAST** 4.89  
Fresh avocado, basil pesto aioli, Provolone cheese on Texas toast
- PECAN & FRUIT VEGAN SALAD**  7.19  
Romaine lettuce, Granny Smith apple, fresh pear, pecans, raisins, Mandarin oranges

# DUNWOODY'S LOCAL FAVORITES

## **RHYTHM & BLUES** nuts **7.29**

Homemade chicken salad, Blue Cheese crumbles, hickory smoked bacon, Romaine lettuce, tomato

## **EGG SALAD SANDWICH** **6.89**

Homemade egg salad, Romaine lettuce, tomato

## **DURANGO CHICKEN** **7.49**

Fresh chicken, fresh avocado, Pepper Jack cheese, hickory smoked bacon, Romaine lettuce, tomato

## **CLUB TURKEY** **7.29**

Oven-roasted turkey, hickory smoked bacon, Provolone cheese, Romaine lettuce, tomato, mayo

## **PIMENTO CHEESE & APPLE** **6.99**

Homemade pimento cheese, hickory smoked bacon, Granny Smith apple

## **TURKEY LURKEY** **6.69**

Oven-roasted turkey, Provolone cheese, roasted red peppers, Romaine lettuce, fresh cucumber, mayo, spicy brown mustard

## **OLE SMOKEY** **6.79**

Oven-roasted turkey, melted Swiss cheese, hickory smoked bacon, Romaine lettuce, tomato, mayo

## **HAM CHEEZER** **6.39**

Ham, Swiss cheese, Romaine lettuce, tomato, mayo, spicy brown mustard

## **CALIFORNIA TURKEY** **6.89**

Oven-roasted turkey, fresh avocado, Provolone cheese, Romaine lettuce, tomato, mayo

## BREAKFAST

### THE GRANDE BURRITO

3.89

Scrambled eggs, Cheddar cheese, green onions, tomato, sausage served with salsa

### THE VEGGIE BURRITO

3.49

Scrambled eggs, Cheddar cheese, green onions, tomato served with salsa

### TRADITIONAL BREAKFAST PANINI

3.99

Scrambled eggs, Cheddar cheese, hickory smoked bacon on Tandoori Naan

### EGG & CHEESE ENGLISH MUFFIN

3.09

### BACON, EGG, & CHEESE ENGLISH MUFFIN

3.49

### EGG & CHEESE CROISSANT

4.49

### BACON, EGG, & CHEESE CROISSANT

4.99

### GOURMET OATMEAL

SMALL 2.49

LARGE 3.59

Choice of: Banana Nut (pecans & banana), Raisin & Brown Sugar, or Peach & Pecan

### SOUTHERN STYLE GRITS

SMALL 2.49

LARGE 3.59

Creamy, buttery southern style grits

Add Cheese

0.50

### BREAKFAST BOWL

3.49

Southern style grits, scrambled eggs, Cheddar cheese, and your choice of hickory smoked bacon or sausage

## OTHER ITEMS

### AVOCADO TOAST

4.89

Fresh avocado, basil pesto aioli, Provolone cheese on Texas Toast

### SEASONAL FRESH FRUIT CUP

3.59

A cup of seasonal fruits including melons and berries

# COFFEE ESPRESSO

WE FEATURE LOCALLY-ROASTED,  
FAIR-TRADE, SMALL BATCH  
COFFEE & ESPRESSO.

## FRESH BREW

S 1.89      M 2.15      L 2.45

## SHOT IN THE DARK

S 1.95      M 2.45      L 2.75

## AMERICANO

S 2.15      M 2.55      L 2.95

## CAFFÉ LATTE

S 2.75      M 3.65      L 3.95

## CAPPUCCINO

S 2.75      M 3.65      L 3.95

## MOCHA

S 3.25      M 3.75      L 4.25

## WHITE MOCHA

S 3.55      M 4.25      L 4.55

## CAFÉ AU LAIT

S 1.95      M 2.15      L 2.45

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## SINGLE ESPRESSO

1.75

## DOUBLE ESPRESSO

1.95

# ICED COFFEE

20 oz. \$2.95

# FROZEN EXPLOSION \$6.95

Latte Explosion    Mocha Explosion

# TURMERIC TAMER

Turmeric, your choice of milk, ginger, cinnamon, cayenne, black pepper, and honey. Served hot.

12 oz. \$6.95

# EPIC COFFEE

2 Shots espresso, cacao, your choice of milk, cinnamon, maca, and mct. oil. Served hot.

16 oz \$7.50

# CHAI TEA

12 OZ. \$2.79    16 OZ. \$3.19    20 OZ \$3.59

# HOT CHOCOLATE

12 OZ. \$2.75    16 OZ. \$2.95    20 OZ \$3.15

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## ADD FLAVOR SHOTS

.59

## ADD ESPRESSO SHOTS

.79

## MILK CHOICES:

2%, ALMOND,  
CASHEW, SOY  
OR COCONUT MILK

# SMOOTHIES

## BERRY BLAST 6.50

Strawberries, Raspberries, Orange Juice and Mango Juice

## SUNSHINE DAYDREAM 7.45

Pineapple, Mango, Banana, Lime Juice, Ginger, Orange Juice, Mango Juice and Spinach

## BLUEBERRY SMURF 6.25

Blueberries, Banana and your choice of milk

## MANGO TANGO 6.50

Mango, Strawberries, Banana, your choice of milk, Mango Juice

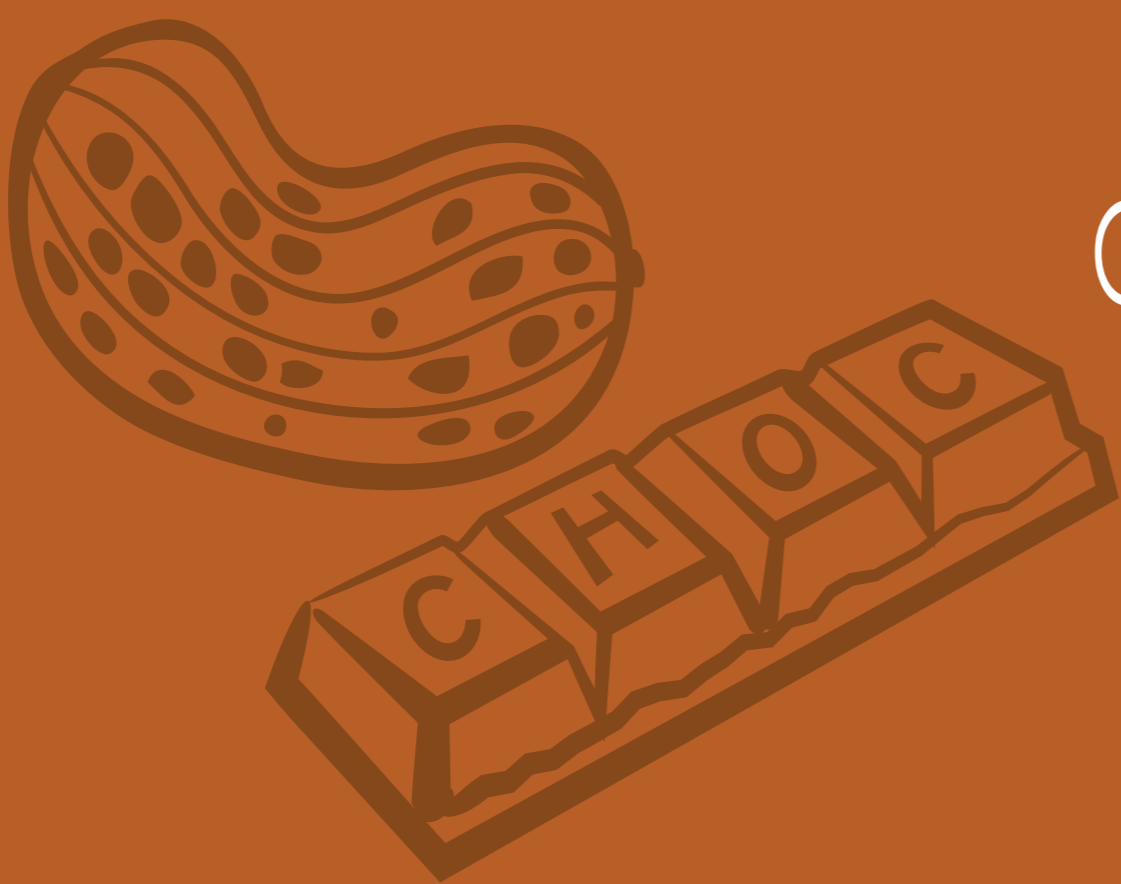
## MEAN, GREEN FIGHTING MACHINE 7.25

Spinach, Avocado, Protein Powder, Banana, lucama, and your choice of milk

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## CHOCOLATE TEMPLE 7.50

Your choice of milk, Banana, Cacao Powder, Coconut Oil, Maple Syrup, Cayenne Pepper



## CHOCOLATE ELVIS 5.95

Chocolate, Peanut Butter and Banana with your choice of Milk

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## MILK CHOICES:

2%, ALMOND, CASHEW, SOY OR COCONUT MILK

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## ADD-INS...



Protein Powder	1.79
Spinach	0.79