


HOT SANDWICHES

- FRENCH DIP on a french boule** cal. 520 7.29
Sliced roast beef, Provolone cheese, caramelized onions served with Au Jus dip
- TURKEY & BRIE on a multigrain boule** cal. 560 7.29
Oven-roasted turkey, Brie cheese, Granny Smith apples, dijon aioli
- CHICKEN PORTABELLA PANINI on Cuban bread** cal. 750 7.29
Fresh chicken, marinated portabella mushroom, roasted red peppers, Provolone cheese, basil pesto aioli
- CHICKEN MILANO on tandoori naan**  cal. 1070 7.29
Homemade chicken salad, Mozzarella & Cheddar cheese, roasted red peppers, fresh basil served on Tandoori Naan
- CUBAN on Cuban bread** cal. 640 7.29
Mojo pork loin, ham, Swiss cheese, pickles, mustard
(Swap Pepper Jack cheese and jalapeños for a spicy kick!)

SIGNATURE WRAPS

- BUFFALO WRAP on a tomato tortilla** cal. 750 6.99
Fresh chicken, Cheddar cheese, tomato, Romaine lettuce, buffalo sauce, Blue cheese dressing
- TUCSON WRAP on a tomato tortilla**  cal. 1040 7.29
Fresh chicken, Cheddar cheese, tomato, Romaine lettuce, toasted almonds, hickory smoked bacon, creamy ranch dressing
- TURKEY-BACON-AVOCADO on a whole wheat tortilla** cal. 540 7.79
Oven-roasted turkey, hickory smoked bacon, fresh avocado, Romaine lettuce, tomato, basil pesto aioli

KIDS MEALS

All kids meals are served with apple slices or chips, cookie, & drink

- GRILLED CHICKEN BREAST STRIPS** cal. 190 4.79
served with honey mustard or Ranch dressing
- ULTIMATE GRILLED CHEESE SANDWICH** cal. 590 4.79
served on sliced white bread
- TURKEY & CHEESE SANDWICH** cal. 600 4.79
served on sliced white bread
- CLASSIC PEANUT BUTTER & JELLY SANDWICH**  cal. 470 4.79
served on sliced white bread

SIGNATURE SANDWICHES

CHICKEN SALAD & APPLES on a multigrain boule <small>nuts</small>	cal. 810	6.99
Homemade chicken salad, blue cheese dressing, hickory smoked bacon, Granny Smith apple		
CADILLAC CHICKEN on a multigrain boule	cal. 860	6.99
Fresh chicken, Provolone cheese, hickory smoked bacon, Romaine lettuce, tomato, honey mustard		
CURRY CHICKEN SALAD on a croissant <small>nuts</small>	cal. 690	7.49
Homemade sweet & spicy curry chicken salad, Romaine lettuce, tomato		
TURKEY & PEAR WITH GOAT CHEESE on a multigrain boule	cal. 580	7.99
Oven-roasted turkey, fresh pear, Goat cheese, Romaine lettuce, sweet chili sauce		
CHICKEN OR TUNA MELT on a french boule <small>nuts</small>	cal. 880-930	7.89
Homemade chicken salad or white albacore tuna salad, hickory smoked bacon, Cheddar cheese, Romaine lettuce, tomato		
RHYTHM & BLUES on a multigrain boule <small>nuts</small>	cal. 890	7.29
Homemade chicken salad, crumbled blue cheese, hickory smoked bacon, Romaine lettuce, tomato		
DURANGO CHICKEN on a multigrain boule	cal. 750	7.29
Fresh chicken, fresh avocado, Pepper Jack cheese, hickory smoked bacon, Romaine lettuce, tomato		
FIRECRACKER CHICKEN on a french boule	cal. 750	6.99
Fresh chicken, roasted red peppers, Pepper Jack cheese, firecracker sauce, Romaine lettuce		
BLT on sliced honey wheat bread	cal. 640	7.29
Six slices of hickory smoked bacon, Romaine lettuce, tomato, mayo		
ORIGINAL VEGGIE on a french boule	cal. 560	6.89
Fresh avocado, roasted red peppers, Romaine lettuce, tomato, fresh cucumber, Provolone cheese, mayo		

UNDER 450 CALORIES

HUMMUS, CHICKEN, & GOAT CHEESE WRAP	cal. 440	6.49
ON A FLOUR TORTILLA		
Fresh chicken, hummus, Romaine lettuce, diced tomatoes, diced cucumbers, Goat cheese, balsamic vinaigrette		
HUMMUS VEGGIE SANDWICH	cal. 370	6.49
ON A MULTIGRAIN BOULE		
Hummus, cucumbers, tomatoes, Romaine lettuce, fresh avocado, roasted red peppers		

COMBO **cal. 140-580** **2.99**

Add homemade potato salad OR chips & fountain drink to any sandwich

PICK-A-PAIR

SELECT 2 \$8.29 cal. 165-645

Cup
of Soup

1/2
Gourmet
Sandwich

Mini
Garden
Salad

all 1/2 sandwiches served on sliced honey wheat bread

GOURMET SANDWICHES

CHICKEN SALAD on a croissant nuts cal. 630 6.79

Homemade chicken salad, Romaine lettuce, tomato

TURKEY CHEEZER on a multigrain boule cal. 730 6.79

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

ROAST BEEF CHEEZER on a french boule cal. 640 7.29

Roast beef, Cheddar cheese, Romaine lettuce, tomato, spicy brown mustard, mayo

ALBACORE TUNA SALAD on sliced honey wheat cal. 760 7.59

Homemade white albacore tuna salad, Romaine lettuce, tomato

EGG SALAD on a multigrain boule cal. 640 6.79

Homemade egg salad, Romaine lettuce, tomato

SALADS

CHICKEN OR TUNA SALAD PLATTER nuts cal. 420-450 8.79

Romaine lettuce, homemade chicken or white albacore tuna salad, Cheddar cheese, boiled egg, tomato

HARVEST SALAD nuts cal. 380 9.29

Romaine lettuce, oven-roasted turkey, raisins, pecans, Mandarin oranges

COBB SALAD nuts cal. 730 8.99

Romaine lettuce, fresh chicken breast, hickory smoked bacon, tomato, Blue cheese crumbles

MAUI SALAD cal. 500 8.99

Romaine lettuce, fresh chicken breast, Blue cheese crumbles, pecans, Mandarin orange

BREAKFAST

THE GRANDE BURRITO on a flour tortilla cal. 630 3.89

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

THE VEGGIE BURRITO on a flour tortilla cal. 350 3.89

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

TRADITIONAL BREAKFAST PANINI on tandoor nan cal. 860 3.99

Scrambled eggs, Cheddar cheese, hickory smoked bacon

EGG & CHEESE CROISSANT cal. 500 4.29

Scrambled egg, Cheddar cheese served on a croissant

BACON, EGG & CHEESE CROISSANT cal. 580 4.99

Hickory smoked bacon, scrambled egg, Cheddar cheese served on a croissant

EGG & CHEESE BISCUIT cal. 320 2.49

Scrambled egg, Cheddar cheese served on a biscuit

BACON, EGG & CHEESE BISCUIT cal. 330 3.29

Hickory smoked bacon, scrambled egg, Cheddar cheese served on a biscuit

GOURMET OATMEAL

Small cal. 290-350 2.99

Large cal. 540-600 4.99

Choice of:

Brown Sugar & Raisin

Apple, Cranberry, & Brown Sugar

OTHER ITEMS

CINNAMON ROLLS cal. 820 3.29

SEASONAL FRESH FRUIT cal. 70 3.59

Breakfast served until 10:30 AM