

# HOT SANDWICHES

## **FRENCH DIP** on a french boule

Sliced roast beef, Provolone cheese, caramelized onions served with Au Jus dip

cal. 520 6.89

## **TURKEY & BRIE** on a multigrain boule

Oven-roasted turkey, Brie cheese, Granny Smith apples, dijon aioli

cal. 560 7.19

## **CHICKEN PORTABELLA PANINI** on Cuban bread

Fresh chicken, marinated portabella mushroom, roasted red peppers, Provolone cheese, basil pesto aioli

cal. 750 6.89

## **CHICKEN MILANO** on Tandoori Nan bread

Homemade chicken salad, Mozzarella & Cheddar cheese, roasted red peppers, fresh basil served on Tandoori Naan

cal. 1070 6.89

## **CUBAN** on Cuban bread

Mojo pork loin, ham, Swiss cheese, pickles, mustard on Cuban bread

cal. 670 6.99

# CAFÈ CHEESEBURGER

## **CAFÈ CHEESEBURGER** on a potato bun

Burger, Cheddar cheese, Romaine lettuce, tomato, mayo

cal. XXX 6.89

# SIGNATURE WRAPS

## **BUFFALO WRAP** on a tomato basil tortilla

Fresh chicken, Cheddar cheese, tomato, Romaine lettuce, buffalo sauce, Blue cheese dressing

cal. 750 6.79

## **TUCSON WRAP** on a tomato basil tortilla

Fresh chicken, hickory smoked bacon, Cheddar cheese, Romaine lettuce, tomato, toasted almonds, creamy Ranch dressing

cal. 1090 6.79

## **TURKEY-BACON-AVOCADO** on a whole wheat tortilla

Oven-roasted turkey, hickory smoked bacon, fresh avocado, Romaine lettuce, tomato, basil pesto aioli

cal. 540 7.29

\*2,000 calories a day is used for general nutrition advice, but calorie needs vary. Written information available upon request.

## SIGNATURE SANDWICHES

<b>CHICKEN SALAD &amp; APPLES on a multigrain boule</b> <small>nuts</small>	<b>cal. 810</b>	<b>6.89</b>
Homemade chicken salad, blue cheese dressing, hickory smoked bacon, Granny Smith apple		
<b>CADILLAC CHICKEN on a multigrain boule</b>	<b>cal. 860</b>	<b>6.79</b>
Fresh chicken, Provolone cheese, hickory smoked bacon, Romaine lettuce, tomato, honey mustard		
<b>CURRY CHICKEN SALAD on a croissant</b> <small>nuts</small>	<b>cal. 690</b>	<b>6.99</b>
Homemade sweet & spicy curry chicken salad, Romaine lettuce, tomato		
<b>TURKEY &amp; PEAR WITH GOAT CHEESE on a multigrain boule</b>	<b>cal. 580</b>	<b>7.99</b>
Oven-roasted turkey, fresh pear, Goat cheese, Romaine lettuce, sweet chili sauce		
<b>CHICKEN OR TUNA MELT on a french boule</b> <small>nuts</small>	<b>cal. 880-930</b>	<b>7.69</b>
Homemade chicken salad or white albacore tuna salad, hickory smoked bacon, Cheddar cheese, Romaine lettuce, tomato		
<b>BBLT on sliced honey wheat bread</b>	<b>cal. 580</b>	<b>6.99</b>
Six slices of hickory smoked bacon, Romaine lettuce, tomato, mayo served on sliced honey wheat bread		
<b>ORIGINAL VEGGIE on a french boule</b>	<b>cal. 560</b>	<b>6.49</b>
Fresh avocado, roasted red peppers, Romaine lettuce, tomato, fresh cucumber, Provolone cheese, mayo		

## UNDER 450 CALORIES

<b>HUMMUS, CHICKEN, &amp; GOAT CHEESE WRAP on a flour tortilla</b>	<b>cal. 440</b>	<b>6.49</b>
Fresh chicken, hummus, Romaine lettuce, diced tomatoes, diced cucumbers, Goat cheese, Balsamic vinaigrette		
<b>HUMMUS VEGGIE SANDWICH on a multigrain boule</b>	<b>cal. 370</b>	<b>6.49</b>
Hummus, cucumbers, tomatoes, Romaine lettuce, fresh avocado, roasted red peppers		
<b>TURKEY APPLE SWISS on a multigrain boule</b>	<b>cal. 450</b>	<b>6.49</b>
Oven-roasted turkey, Granny Smith apple slices, Swiss cheese, Romaine lettuce, hint of Raspberry vinaigrette		

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# PICK-A-PAIR

## SELECT 2 \$8.59



all 1/2 sandwiches served on sliced honey wheat bread

### GOURMET SANDWICHES

<b>CHICKEN SALAD on a croissant</b> <small>nuts</small>	cal. 630	6.49
Homemade chicken salad, Romaine lettuce, tomato		
<b>TURKEY CHEEZER on a multigrain boule</b>	cal. 730	6.59
Oven-roasted turkey, Provolone cheese, Romaine lettuce, tomato, mayo		
<b>ROAST BEEF CHEEZER on a french boule</b>	cal. 640	6.89
Roast beef, Cheddar cheese, Romaine lettuce, tomato, spicy brown mustard, mayo		
<b>ALBACORE TUNA SALAD on sliced honey wheat bread</b>	cal. 760	6.89
Homemade white albacore tuna salad, Romaine lettuce, tomato		

### GRAIN BOWLS - LIMITED TIME OFFER

<b>SOUTHWEST STYLE served with firecracker sauce</b>	cal. XXX	7.99
Brown rice, Romaine lettuce, corn, black beans, chopped tomatoes, green onions, fresh chicken, avocado, sprinkle of cilantro		
<b>PLANT BASED served with sweet chili sauce</b> <small>nuts</small>	cal. XXX	7.99
Brown rice, Romaine lettuce, portabella mushroom, black beans, roasted red peppers, green beans, cucumbers, fresh avocado, almonds		

### SOUPS

<b>Small</b>	cal. 165-320	4.29
<b>Large</b>	cal. 330-640	6.39

### COMBO

<b>Add homemade potato salad OR chips &amp; a fountain drink to any sandwich</b>	cal. 140-580	2.49
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## BREAKFAST

<b>THE GRANDE BURRITO</b> on a flour tortilla	cal. 630	3.89
Scrambled eggs, Cheddar cheese, green onions, tomato, sausage served with salsa		
<b>TRADITIONAL BREAKFAST PANINI</b> on Tandoori nan bread	cal. 860	3.99
Scrambled eggs, Cheddar cheese, hickory smoked bacon		
<b>EGG &amp; CHEESE ENGLISH MUFFIN</b>	cal. 220	3.09
<b>BACON, EGG &amp; CHEESE ENGLISH MUFFIN</b>	cal. 235	3.49
<b>EGG &amp; CHEESE CROISSANT</b>	cal. 500	4.49
<b>BACON, EGG &amp; CHEESE CROISSANT</b>	cal. 580	4.99
<b>GOURMET OATMEAL</b>	cal. 290-350	SMALL 2.49
	cal. 540-600	LARGE 3.59
Choice of: Banana Nut (pecans & banana), Raisin & Brown Sugar, or Peach & Pecan Oatmeal <small>nuts</small>		
<b>SOUTHERN STYLE GRITS</b>	cal. 275	SMALL 2.49
	cal. 510	LARGE 3.59
<b>Add cheese</b>	cal. 60	0.50

## OTHER ITEMS

<b>AVOCADO TOAST</b>	cal. 290	3.89
Fresh avocado slices, basil pesto aioli, Provolone cheese on Texas toast		

## FRESH BREWED COFFEE

		12 OZ	16 OZ	20 OZ
<b>HOT</b>				
<b>Drip</b>	cal. 5	1.75	2.00	2.25
<b>Latte</b>	cal. 140-240	3.00	3.50	4.05
<b>Mocha</b>	cal. 400-650	3.50	3.75	4.25
<b>White Mocha</b>	cal. 390-510	3.70	4.25	4.80
<b>Caramel Macchiato</b>	cal. 340-480	3.50	3.80	4.05

## COLD BREWED COFFEE

		16 OZ
<b>COLD</b>		
<b>Cold Brew</b>	cal. 5	2.50
<b>Iced Latte</b>	cal. 90	3.50
<b>Iced Mocha</b>	cal. 320	3.75
<b>Iced White Mocha</b>	cal. 320	4.25
<b>Sub Almond milk</b>		0.75
<b>Add Flavor syrup</b>		0.50
<b>Vanilla, Caramel, Hazelnut</b>		



## SMOOTHIES

<b>STRAWBERRY OATMEAL</b>	cal. 390	4.65
Low fat milk, strawberry, oatmeal, powdered sugar		
<b>BANANA PEANUT BUTTER</b> <small>nuts</small>	cal. 230	4.65
Low fat milk, banana, peanut butter, vanilla, honey		
<b>BASIC FRESH FRUIT</b>	cal. 360	4.65
Low fat milk, yogurt, honey, and your choice of: Banana, Strawberry, Blueberry, Mango, Peach, or Pineapple		

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