

SIGNATURE SANDWICHES

CHICKEN SALAD & APPLES on a Multigrain boule NUTS!

Homemade chicken salad, blue cheese dressing, hickory smoked bacon, Granny Smith apples

cal. 810

7.99

CADILLAC CHICKEN on a Multigrain boule

Fresh chicken breast, provolone cheese, hickory smoked bacon, Romaine lettuce, tomato, honey mustard dressing

cal. 860

8.69

ORIGINAL VEGGIE on a French boule

Cucumbers, tomato, Romaine lettuce, roasted red peppers, fresh avocado slices, mayo, provolone cheese

cal. 700

7.29

CHICKEN SALAD on a Croissant NUTS!

Homemade chicken salad, Romaine lettuce, tomato

cal. 520

7.49

TURKEY CHEEZER on a Multigrain boule

Turkey, provolone cheese, Romaine lettuce, tomato, mayo

cal. 830

7.99

HAM CHEEZER on a Multigrain boule

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

cal. 730

7.99



Cadillac Chicken



Turkey Cheezer



Chicken Salad

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

HOT SANDWICHES

CHICKEN PORTABELLA on Cuban bread
Fresh chicken breast, marinated portabella mushroom,
roasted red peppers, provolone cheese, basil pesto aioli

cal. 750 7.99

GRILLED CHEESE
Melted provolone and cheddar cheese on Texas Toast

cal. 560 4.99



Chicken Portabella

SIGNATURE WRAPS

TURKEY-BACON-AVOCADO WRAP on a Whole Wheat tortilla
Turkey, hickory smoked bacon, fresh avocado slices,
Romaine lettuce, tomato, basil pesto aioli

cal. 540 8.99

BUFFALO WRAP on a Tomato Basil tortilla
Fresh chicken breast, cheddar cheese, Romaine lettuce, tomato,
buffalo sauce, blue cheese dressing

cal. 750 6.99



Buffalo Wrap

UNDER 450 CALORIES

HUMMUS, CHICKEN, & GOAT CHEESE on a Flour tortilla
Fresh chicken, hummus, Romaine lettuce, diced tomatoes,
cucumbers, goat cheese, Balsamic dressing

cal. 440 6.69

HUMMUS VEGGIE SANDWICH on a Multigrain roll
Hummus, cucumbers, tomatoes, Romaine lettuce, roasted reds,
fresh avocado

cal. 370 6.69

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GRAIN BOWLS

SOUTHWEST served with Firecracker sauce cal. 450 8.29
 Brown rice, Romaine lettuce, corn, black beans, chopped tomatoes, green onions, fresh chicken breast, fresh avocado slices, sprinkle of cilantro

ASIAN INSPIRED served with Asian Sesame sauce NUTS! cal. 380 8.29
 Brown rice, Romaine lettuce, fresh chicken breast, shredded carrots, roasted red peppers, mandarin oranges, cucumbers, toasted almonds

SALADS

GARDEN SALAD cal. 170 7.99
 Romaine lettuce, tomato, cucumber, cheddar cheese, boiled egg

COBB SALAD cal. 210 8.49
 Romaine lettuce, fresh chicken breast, hickory smoked bacon, tomato, blue cheese crumbles

CHEF SALAD cal. 240 8.79
 Romaine lettuce, turkey, ham, tomato, cucumber, cheddar cheese, boiled egg

SOUPS

SMALL cal. 85-265 4.59
LARGE cal. 165-500 7.29

VALUE MEALS

BREAKFAST served until 10:30am
 FRUIT, COFFEE or FOUNTAIN DRINK

THE GRANDE BURRITO cal. 630
 Scrambled eggs, sausage, cheddar cheese, green onions, diced tomato, served with salsa

EGG & CHEESE CROISSANT cal. 500
 Scrambled eggs, cheddar cheese

CHOICE OF MUFFIN NUTS!

LUNCH

HAM CHEEZER on a Multigrain boule includes chips & fountain drink

TURKEY CHEEZER on a Multigrain boule includes chips & fountain drink

ORIGINAL VEGGIE on a French boule includes chips & fountain drink

SOUTHWEST served with Firecracker sauce includes fountain drink

GARDEN SALAD includes fountain drink



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BREAKFAST served until 10:30

THE GRANDE BURRITO Scrambled eggs, sausage, cheddar cheese, green onions, diced tomato, served with salsa	cal. 630	5.49
EGG & CHEESE CROISSANT Scrambled eggs, cheddar cheese	cal. 500	5.19
BACON, EGG, & CHEESE CROISSANT Scrambled eggs, hickory smoked bacon, cheddar cheese	cal. 580	6.19
BREAKFAST BOWL Scrambled eggs, cheddar cheese, hickory smoked bacon OR sausage	cal. 395-445	4.19
AVOCADO TOAST Fresh avocado, basil pesto aioli, provolone cheese	cal. 290	3.99
CINNAMON ROLL with icing	cal. 820	3.69

COFFEE



HOT		12oz	16oz	20oz
FRESH BREW	cal. 5	1.99	2.29	2.49
COLD			16oz	
ICED COFFEE	cal. 5		3.79	

OTHER ITEMS

MUFFINS	3.99
KILLER COOKIES	2.99
GOURMET COOKIES <small>NUTS!</small>	2.99
BROWNIE / BLONDIE <small>NUTS!</small>	2.99
CHIPS	1.69
FOUNTAIN DRINKS	2.59

SMOOTHIES

STRAWBERRY BANANA	cal. 390	5.29
MANGO	cal. 360	5.29
*all smoothies contain dairy <small>NUTS!</small>		

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