



WRAPS (\$6.49)

TURKEY CLUB

(turkey breast, turkey bacon, cheddar, lettuce, tomato)

CHICKEN CAESAR

(chicken, mozzarella, feta, olives, lettuce, tomato, caesar dressing)

GRANDE

(chicken, salsa, onions, lettuce, tomato)

HUMMUS

(hummus, hot veggies, feta, olives, red onions, lettuce)

THAI'D UP

(hot veggies, spring mix, walnuts, tomato, sesame dressing)

BLACK BEAN & RICE

(black bean, rice, mozzarella, cheddar, salsa, tomato, onion)

PHILLY WRAP

(roast beef, cheddar, lettuce, tomato, onion, thousand island)

TUNA SALAD

(tuna, lettuce, tomato)

CHICKEN SALAD

(roasted chicken salad, lettuce, tomato)

SALADS

GARDEN SALAD (\$5.15)

(romaine, carrots, cucumbers, tomato, onions)

ADD GRILLED CHICKEN, CHICKEN/TUNA SALAD FOR \$1.59

MANDARIN CHICKEN SALAD (\$6.54)

(chicken, romaine, carrots, almonds, chow noodles, mandarin oranges)

SPRING SALAD (\$5.15)

(spring mix, cranberries, feta, walnuts, raisins, tomato, raspberry vinaigrette)

CAESAR SALAD (\$5.15)

(romaine, croutons, parmesan cheese, caesar dressing)

ADD GRILLED CHICKEN FOR \$1.59

CHEF SALAD (\$6.95)

(roast beef, turkey, ham, swiss, prov, american, romaine, carrots, cucumbers, tomato, onions)

PANINIS (\$5.95)

(Hot Ciabatta Bread)

CHICKEN BELLA

(chicken breast, roasted red peppers, provolone, basil pesto)

TURKEY BLT

(cold turkey, turkey bacon, lettuce, tomato, mayo)

PHILLY PANINI

(roast beef, white american, lettuce, tomato, thousand island)

BALSAMIC GARDEN

(hot veggies, mozzarella, balsamic dressing)

HAM IT UP

(ham, swiss, tomato, honey mustard dressing)

EGG SALAD

(egg salad, lettuce, tomato, onion)

SANDWICHES (\$5.25)

TURKEY SANDWICH

(turkey, provolone, onion, lettuce, tomato, mayo wheat)

ROAST BEEF

(roast beef, swiss, lettuce and tomato, thousand island on rye)

HAM SANDWICH

(ham, swiss, lettuce, tomato, pickle, spicy mustard on white)

(ALL SANDWICHES SERVED ON WHITE, WHEAT, OR RYE)

KIDS MEALS (\$3.95)

GRILLED CHEESE

GRILLED HAM AND CHEESE

PEANUT BUTTER AND JELLY

KIDS CHEESE QUESADILLA w/ sour cream and salsa on the side

TURKEY AND AMERICAN CHEESE WRAP

(all kids meals come with chips or fruit and bottled juice)

Soups

Serving 2 soups Daily

We also have over 15 all natural smoothies!!