

BUILD *Your own* SANDWICH \$8.29

BREAD

CIABATTA 260 CAL

WHITE 100 CAL/SLICE

WHEAT 110 CAL/SLICE

SPINACH WRAP 310 CAL/WRAP

WHEAT WRAP 290 CAL/WRAP

FLOUR WRAP 310 CAL/WRAP

MADE WITHOUT GLUTEN BREAD 140 CAL/SLICE

MADE WITHOUT GLUTEN WRAP 200 CAL/WRAP

Cheese

PEPPERJACK 80 CAL/SLICE

PROVALONE 80 CAL/SLICE

CHEDDAR 60 CAL/SLICE

FETA 80 CAL/SLICE

protein

TURKEY 30 CAL/OZ

HAM 35 CAL/OZ

ROAST BEEF 30 CAL/OZ

BACON 30 CAL/SLICE

SALAMI 100 CAL/OZ

PEPPERONI 65 CAL/OZ

SPREADS

HUMMUS 30 CAL/TBSP

PESTO 50 CAL/TBSP

BROWN MUSTARD 15 CAL/TBSP

HONEY MUSTARD 65 CAL/TBSP

MAYONAISE 90 CAL/TBSP

BALSAMIC GLAZE 35 CAL/TBSP

TOPPINGS

AVOCADO 30 CAL/TBSP

LETTUCE 5 CAL/OZ

BELL PEPPER 10 CAL/OZ

TOMATO 5 CAL/OZ

RED ONION 10 CAL/OZ

SPINACH 5 CAL/OZ

CUCUMBER 0 CAL/OZ

PICKLE 0 CAL/OZ

BANANA PEPPERS 0 CAL/OZ

BUILD *Your own* SALAD \$8.29

BASE

ARTISAN SPRING MIX 5 CAL/OZ

CHOPPED ROMAINE 5 CAL/OZ



GRILLED CHICKEN 50 CAL/OZ

TOFU 40 CAL/OZ

DICED BACON 35 CAL/TBSP

TOPPINGS

CHEDDAR CHEESE 110 CAL/OZ

MOZZARELLA CHEESE 90 CAL/OZ

FETA 80 CAL/OZ

HARD BOILED EGG 15 CAL/TBSP

CUCUMBER 0 CAL/OZ

GRAPE TOMATO 0 CAL/OZ

RED ONION 10 CAL/OZ

GARBANZO BEANS 40 CAL/TBSP

MIXED PEPPERS 10 CAL/OZ

CARROTS 5 CAL/TBSP

DRESSING

RANCH 50 CAL/TBSP

RED WINE VINEGAR 0 CAL/TBSP

ITALIAN 50 CAL/TBSP

BALSAMIC 30 CAL/TBSP

CAESAR 75 CAL/TBSP

BLUE CHEESE 65 CAL/TBSP

SOUP OF THE DAY \$3.29

MEAL EXCHANGE \$9.99

SANDWICH + CHIPS + 20 OZ
FOUNTAIN BEVERAGE

CHICKEN TENDERS + CHIPS +
20 OZ FOUNTAIN BEVERAGE

SALAD + CHIPS + 20 OZ
FOUNTAIN BEVERAGE

CHICKEN TENDERS 540 CAL \$9.99

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. Nutrition information is calculated based on our standard recipes. Because our products may be customized, exact information may vary.