

# SIGNATURE SANDWICHES

## **Roast Beef & Cheddar Ciabatta**

Roast Beef, Cheddar Cheese,  
Lettuce, Tomato, Pickled Red  
Onions & Garlic Herb Mayo  
(630 cal)

**\$10.00**

## **Buffalo Ranch Chicken Sandwich**

Chicken, Pepper Jack Cheese,  
Lettuce, Tomato & Buffalo Ranch  
Dressing (510 cal)

**\$9.50**

## **California Turkey Sandwich**

Turkey, Bacon, Avocado, Lettuce,  
Tomato, Cucumber & Ranch  
Dressing (510 cal)

**\$9.50**

## **BBQ Chicken Ciabatta**

Chicken, Bacon, Cheddar, Lettuce,  
Onion, BBQ & Ranch Dressing  
(470 cal)

**\$9.50**

## **Clubhouse Sandwich**

Turkey, Ham, Bacon, Swiss,  
Lettuce, Tomato, Onion & Dijon  
Mayo (570 cal)

**\$9.50**

## **Falafel Ciabatta**

Falafel, Hummus, Feta, Spinach,  
Cucumber & Tzatziki  
(630 cal)

**\$9.50**


*2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information  
available upon request.*

**Before placing your order, please inform your server if a person in your party has a food allergy.**

# CREATE YOUR OWN

\$9.25

## BREADS

- Wheatberry (240 cal)
- White Wrap (310 cal)
- Ciabatta (270 cal)
- Panini Bread (330 cal)
-  GF White (240 cal)
- GF Multi-Grain (260 cal)

## PROTEIN (CHOOSE 1)

- Chicken (130 cal)
- Turkey (70 cal)
- Ham (100 cal)
- Roast Beef (110 cal)
- Tuna Salad (130 cal)
- Hummus (100 cal)
- Bacon (100 cal)
- Falafel (250)

## CHEESE (CHOOSE 1)

- Provolone (50 cal)
- Pepper Jack (100 cal)
- Cheddar (60 cal)
- Swiss (50 cal)
- Feta (80 cal)

## TOPPINGS (CHOOSE 3)

- Lettuce (0 cal)
- Tomato (0 cal)
- Onion (0 cal)
- Cucumber (0 cal)
- Spinach (0 cal)
- Jalapeno (10 cal)
- Avocado (50 cal)
- Pickled Red Onion (30 cal)

## SPREADS (CHOOSE 1)

- Mayo (210 cal)
- Garlic Herb Mayo (190 cal)
- Dijon Mayo (170 cal)
- Honey Mustard (70 cal)
- Buffalo Ranch (50 cal)
- Ranch Dressing (70 cal)
- BBQ Sauce (30 cal)
- Tzatziki (50 cal)

## EXTRAS

Chicken	\$2.25
Bacon	\$1.50
Protein	\$1.50
Topping	\$0.25
Avocado	\$1.25
Cheese	\$1.00

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**\$11.00**

## **1 CHOOSE YOUR MEAL**

### **CHOOSE 1**

**Burrito**

**Rice & Bean  
Bowl**

**Salad Bowl**

**Nacho Bowl**

## **2 BUILD IT UP**

### **ADD PROTEIN**

#### **PICK 1**

**Chicken Tinga (60 cal)**

**Pork Carnitas (45 cal)**

**Vegan Chorizo (45 cal)**

### **ADD TOPPINGS**

#### **PICK 3**

**Cheddar Cheese (30 cal)**

**Sour Cream (30 cal)**

**Jalapenos (0 cal)**

**Yellow Onion (0 cal)**

#### **CHOOSE 1**

**Chipotle Ranch Dressing (80 cal)**

**Chili Lime Vinaigrette (160 cal)**

## **3 TOP IT OFF**

### **CHOOSE 1**

**Salsa (5 cal)**

**Pico de Gallo (5 cal)**

### **ADD**

**Scallions (0 cal)**

**Cilantro (0 cal)**

**Hot Sauce (0 cal)**

**Fresh Guacamole**

**\$2.00 (45 cal)**

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# Citrus and Olive



## BUILD YOUR BOWL

**\$11.00**

### **1 PROTEIN** SELECT 1

Shredded Zaatar  
Chicken (120 cal)  
Falafel Bites (140 cal)

### **2 Base** SELECT 1

Mixed Greens (20 cal)  
Spinach (20 cal)  
Couscous Grain Red  
Pearl Salad (100 cal)  
White Rice (120 cal)

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### **3 Toppings** SELECT 3

Roasted Peppers &  
Onions Medley (10 cal)  
Feta Cheese (80 cal)  
Chickpeas (20 cal)  
Diced Cucumbers (10 cal)  
Baby Tomatoes (10 cal)  
Pickled Onions (20 cal)  
Artichokes (10 cal)  
Hummus (50 cal)  
Olives (70 cal)

### **4 Dressings** SELECT 1

Tzatziki (50 cal)  
Greek Dressing (80 cal)  
Balsamic Dressing (55 cal)  
Green Goddess  
Dressing (140 cal)