

# SIGNATURE SANDWICHES

## **California Turkey Sandwich**

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

**\$9.00**

## **Tuna Salad Wrap**

Tuna Salad, Lettuce, Tomato, Onion, Cucumber, Carrot & Pesto Cream Cheese (630 cal)

**\$9.00**

## **Clubhouse Sandwich**

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

**\$9.50**

## **BBQ Chicken Ciabatta**

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

**\$9.00**

## **Greek Veggie Ciabatta**

Hummus, Green Olive Spread, Feta, Spinach & Cucumber (520 cal)

**\$9.00**

## **Chicken Caesar Ciabatta**

Chicken, Provolone, Lettuce & Caesar Mayo (500 cal)

**\$9.00**

*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

# \$9.00

## BREADS

- Wheatberry (240 cal)
- White Wrap (310 cal)
- Ciabatta (270 cal)
- Panini Bread (330 cal)

## PROTEIN (CHOOSE 1)

- Chicken (130 cal)
- Turkey (70 cal)
- Ham (100 cal)
- Tuna Salad (130 cal)
- Hummus (100 cal)
- Bacon (100 cal)

## CHEESE (CHOOSE 1)

- Provolone (50 cal)
- Cheddar (60 cal)
- Swiss (50 cal)
- Feta (90 cal)

## TOPPINGS (CHOOSE 3)

- Lettuce (0 cal)
- Tomato (0 cal)
- Onion (0 cal)
- Cucumber (0 cal)
- Carrots (0 cal)
- Spinach (0 cal)
- Avocado (50 cal)\*

## SPREADS (CHOOSE 1)

- Mayo (210 cal)
- Caesar Mayo (190 cal)
- Honey Mustard (65 cal)
- Pesto Cr Cheese (95 cal)
- Dijon Mayo (170 cal)
- Ranch (70 cal)
- BBQ Sauce (30 cal)
- Green Olive Spread (75 cal)

## EXTRAS

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

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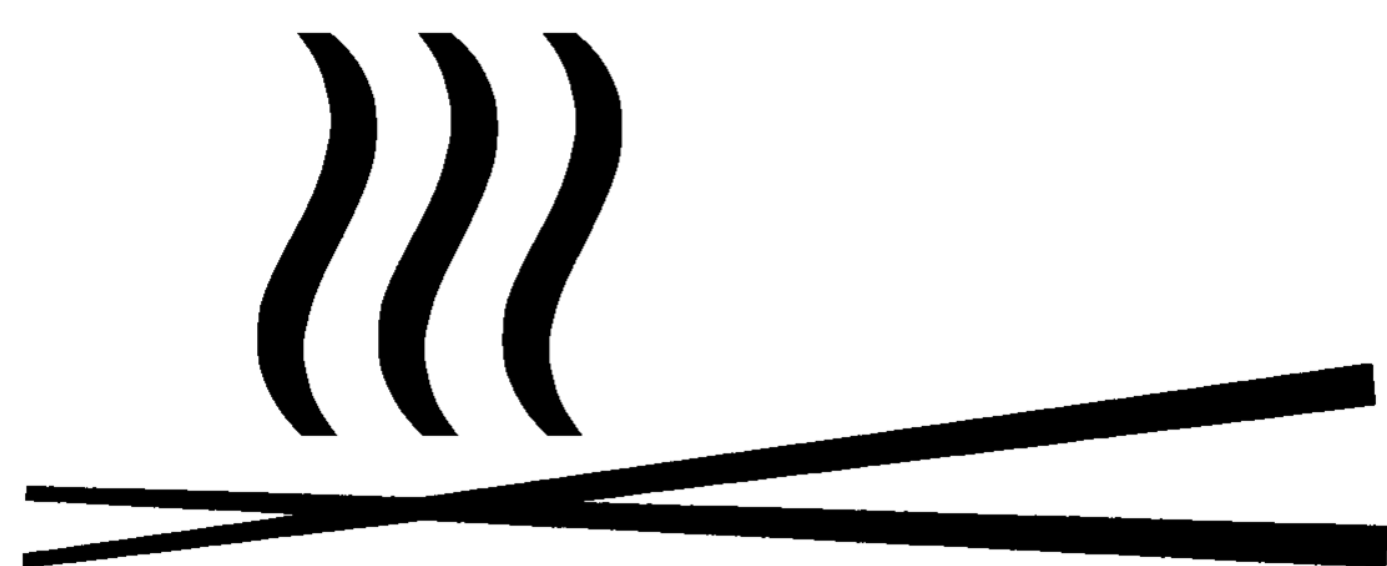
# BUILD YOUR BOWL

**\$11.00**

**1** Start with Soba Noodles, then choose your protein, vegetables & toppings to make a one-of-a-kind creation!

## **2 PROTEIN** SELECT 1

- ∂ Chicken (135 cal)
- ∂ Pork (112 cal)
- ∂ Tofu (45 cal)



## **3 VEGETABLES** SELECT 3

- ∂ Green Bean (5 cal)
- ∂ Bell Pepper (10 cal)
- ∂ Carrot (3 cal)
- ∂ Spinach (1 cal)
- ∂ Celery (0 cal)
- ∂ Mushroom (5 cal)

**NOODLE BAR**

The logo for 'NOODLE BAR' is contained within a white circle. At the top, there are three wavy lines representing steam. Below the steam are two horizontal lines representing chopsticks. The bottom half of the circle is a solid red semi-circle, representing a bowl.

## **4 TOPPINGS** SELECT 3

- ∂ Egg (70 cal)
- ∂ Pickled Ginger (3 cal)
- ∂ Kimchi (3 cal)
- ∂ Scallions (5 cal)
- ∂ Cilantro (0 cal)

## **5 SAUCE** SELECT 1

- ∂ Sesame Garlic (70 cal)
- ∂ Sweet Chili (55 cal)

## **6 MORE OOMPH**

- ∂ Sriracha (15 cal)
- ∂ Chili Oil (130 cal)
- ∂ Togarashi (0 cal)

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\$10.00

# 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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