## SANDWICHES & WRAPS

Comes with choice of side:
- kettle chips, cottage cheese, grapes, organic spring mix, cup of soup $1.00/bowl $1.50

### Quesadilla
$7.00
Wheat tortilla stuffed with guacamole, cheddar cheese with pico de gallo and seasoned grilled chicken or without. Served with chips, salsa and sour cream. 648 cal

### B.L.T.
$8.00
Toasted wheat bread with applewood bacon, lettuce, sliced ripe tomato and a homemade basil aioli. 515 cal

### Reuben/Rachel
$9.50
Corned beef or all-natural smoked turkey breast on marble rye, topped with sauerkraut and Swiss cheese, grilled to perfection. Served with 1000 island dressing. 650/575 cal

### Garden Pesto Grilled Cheese
$8.00
Griddled rosemary bread topped with pesto, gouda, cheddar cheese, balsamic glaze, sliced tomatoes and spinach. 650 cal

### Turkey Stack
$9.50
Piled high with all-natural smoked turkey breast, applewood bacon, lettuce, sliced ripe tomato and herb cream cheese spread on a toasted focaccia roll. 690 cal

### Southwest Quinoa Flatbread
$8.00
Warm seasoned quinoa with black beans, peppers, corn, red onions, spinach, cilantro served on a grilled flatbread with homemade cilantro lime dressing. 609 cal

### Your Best Burger
$8.00
Choose angus beef or chicken breast on a wheat bun. Choose your favorite toppings: cheese, lettuce, tomato, onion, pickles. average 500 cal

Add bacon + $2.00

### Steak Flatbread Sandwich
$9.50
Grilled flatbread topped with gouda cheese, steak, mushroom, onions and homemade steak sauce. 648 cal

### Chicken Bacon Ranch Melt
$9.50
Shredded chicken, applewood bacon, cheddar cheese and buttermilk ranch melted on sourdough white bread. 775 cal

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We proudly serve seasonal, locally-sourced ingredients whenever possible, and locally-roasted coffee.

Nutritionals are an estimate. ✅ Vegetarian
SALAD & HOMEMADE SOUP

Add all natural chicken breast or steak for $3.00. Try your salad WRAPPED in a wheat tortilla!

<table>
<thead>
<tr>
<th>Salad</th>
<th>Price</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Caesar Salad</strong></td>
<td>$7.50</td>
<td>Crisp romaine lettuce, grape tomato, red onion and homemade croutons tossed in Caesar dressing, and topped with shaved Parmesan cheese. 720 cal</td>
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<tr>
<td><strong>House Salad</strong></td>
<td>$7.50</td>
<td>A bed of fresh spring mixed greens, carrots, tomatoes, red onion, cucumber with choice of dressing. 150-250 cal</td>
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<tr>
<td><strong>Greek Salad</strong></td>
<td>$7.50</td>
<td>Mixed greens, red onion, cherry tomatoes, cucumbers, kalamata olives, pepperoncini and feta cheese with feta vinaigrette. 450 cal</td>
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<tr>
<td><strong>Chopped BBQ Chicken Salad</strong></td>
<td>$9.50</td>
<td>Chopped romaine topped with grape tomatoes, cilantro, corn, black beans, french fried onions and warm chicken breast. Served with BBQ ranch dressing. 750 cal</td>
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| **Southwest Quinoa Bowl** | $7.50 | Warm seasoned quinoa with black beans, peppers, corn, red onions and cilantro on a bed of spinach. Served with homemade cilantro lime dressing. (534 cal)  
With protein: $10.50                                                                                     |

Add Breadstick 160 cal $1.00

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**LUNCH COMBO**

$8.00

- Half Sandwich & Choice of Salad
- Half Sandwich & Cup of Soup
- Half Salad & Cup of Soup

**Sandwich:**
- Turkey Stack (+ $0.50)
- BLT
- Garden Pesto (+ $0.50)
- Grilled Cheese

**Salads:**
- Caesar
- House
- Greek

Call (608) 417-7103 to place carry-out orders