



HOT PANINI Sandwiches

Customize with your choice of fresh baked bread - ask us what's available today.

BBQ Cheddar Chicken
560 cal.\$9.89 Whole / \$7.39 Half
Seasoned Chicken Breast, Bacon, Red Onion, Cheddar Cheese, Tomato, Romaine Lettuce with Tangy BBQ Sauce served on freshly-baked Sourdough bread.

Spicy Turkey Pepperjack
730 cal.\$9.89 Whole / \$7.39 Half
Smoked Turkey, Roasted Peppers & Onions, Melted Pepperjack, Southwest Mayo, Romaine Lettuce, and Tomato on Honey Whole Wheat Bread.

Best Ever BLT
460 cal.\$9.89 Whole / \$7.39 Half
Lots of Crisp Bacon, Mayo, Romaine Lettuce, and Ripe Red Tomato

Roast Beef Panini
650 cal.\$9.89 Whole / \$7.39 Half
Roast Beef, Roasted Peppers & Onions, Melted Provolone, Romaine Lettuce, Tomato, and Red Pepper Garlic Spread.

Tuscan Chicken
780 cal.\$9.89 Whole / \$7.39 Half
Seasoned Chicken Breast, Melted Provolone, Romaine Lettuce, Tomato, Red Onion, with Sundried Tomato Pesto Spread.

Grilled Turkey Pesto 620 cal. \$9.89 Whole / \$7.39 Half
Smoked Turkey, Provolone, Red Onion, Tomato, and Romaine Lettuce with Basil Pesto, Spicy Mustard, and Vinaigrette.

Apple Bacon Grilled Cheese 720 cal. \$9.89 Whole / \$7.39 Half
Melted Sharp Cheddar Cheese & Provolone, Sliced Apples, Bacon, and Pepper Jelly.

Grilled Cheese 680 cal. \$8.89 Whole / \$6.39 Half
Aged Cheddar, Swiss, and Garlic Herb Cheese Spread. Add: ham \$1, bacon \$1, or tomato at no cost.

COMBO MEAL
CHOOSE 2: Half Sandwich
Half Salad
Cup of Soup
\$12.29

MAKE IT A MEAL DEAL!
Add Chips & a Drink
\$2.99-\$3.49
OR
a Sweet & a Drink
\$3.65-\$3.99

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.

CLASSIC SANDWICHES & SALADS

Everything is made fresh daily, with fresh and wholesome ingredients.

California Cobb Sandwich
550 cal.\$9.89 Whole / \$7.39 Half
Avocado, Turkey Breast, Bacon, Blue Cheese Spread, Romaine, Red Onion & Tomato

Adam & Eve Sandwich
540 cal. ...\$9.89 Whole / \$7.39 Half
Apple, Cucumber, Provolone, Herb Cheese Spread, Romaine, Red Onion, & Tomato.

Vegetarian Sandwich
590 cal. .. \$9.89 Whole / \$7.39 Half
Bell Pepper, Cucumber, Cheddar, Provolone, Roasted Red Pepper Spread, Romaine, Red Onion, & Tomato.

Classic Deli Sandwich
600 cal. .. \$9.59 Whole / \$6.79 Half
Choice of Smoked Turkey, Honey Ham, or Roast Beef. Choice of Swiss, Cheddar, or Provolone. With Romaine, Red Onion, Tomato, Spicy Mustard and Mayo.

Louisville Chicken Salad Sandwich
690 cal.\$9.89 Whole / \$7.39 Half
White and Dark Chicken in Seasoned Mayo, Spicy Pecans, Romaine Lettuce, Red Onion, and Tomato.

Albacore Tuna Salad Sandwich
620 cal. ...\$9.89 Whole / \$7.39 Half
Chunk White Albacore Tuna in Seasoned Mayo and Celery Salt, Romaine, Red Onion, & Tomato.

Classic PB & J
650 cal. .. \$6.89 Whole / \$4.99 Half
Creamy or Crunchy Peanut Butter & Jam.

Grilled Chicken Salad
460 cal.\$9.97 Whole / \$7.39 Half
Seasoned Chicken, Bacon, Swiss, Tomato, Red Onion, Dried Cranberries, Candied Almonds, and our House-made Poppyseed Vinaigrette.

Kiwi Mango Chicken Salad
520 cal.\$9.97 Whole / \$7.39 Half
Fresh Kiwi Mango Salsa, Seasoned Chicken, Tomato, Swiss, Red Onion, and Candied Almonds.

Grilled Chicken Caesar Salad
460 cal.\$9.97 Whole / \$7.39 Half
Mixed greens, Seasoned Chicken Breast, Bacon, Shaved Parmesan and Crunchy Croutons.

Garden House Salad
410 cal.\$9.97 Whole / \$7.39 Half
Chopped Lettuce Mix, Tomato, Cucumber, Red Onion, Bell Pepper, Cheddar, and Croutons.



SOUPS

Ask About our Daily Soups!
Large.....\$7.49
Small.....\$5.49



BREAKFAST

Customize any sandwich with your choice of fresh baked bread - ask us what's available today.

Breakfast Sandwich\$7.39 Half
355 - 950 cal.\$9.39 Whole
Choose Ham, Bacon, or Sausage! Along with cheddar cheese, egg, and garlic herb spread on Sourdough.

Deluxe Breakfast Sandwich\$7.79 Half
387 - 995 cal.\$9.79 Whole
Choose Ham, Bacon, or Sausage! Along with cheddar cheese, egg, avocado, tomato, and garlic herb spread.

Cinnamon Roll 899 cal.\$3.49
Smothered in Orange, Raspberry, or Traditional Cream Cheese Frosting.

Scrumptious Tea Scones 350 cal.\$2.49
Cinnamon Chip, Berry Cream Cheese, or Poppyseed.

Nutella Bruschetta\$4.79 One Slice
387 - 995 cal.\$7.39 Two Slice
Chocolate hazelnut spread with fresh strawberries or banana, served open-faced on slices of Sourdough toast.

Chocolate Super Smoothie 275 cal. ...\$6.79
Chocolate protein powder, fresh baby spinach, banana, peanut butter, and almond milk.

Avocado Toast 180 cal.\$3.79
Creamy, fresh avocado spread on a slice of toasted Sourdough or Honey Whole Wheat bread.

PB Banana Crunch Toast 470 cal.\$7.39
Peanut butter & fresh slices of banana, topped with our housemade granola and a drizzle of raw honey.

Groovy Granola Bowl\$6.39 Sm.
343 - 563 cal.\$7.79 Lg.
House-made granola and a bottle of 2% milk.

Berry Parfait 331 cal.\$5.99
Strawberry Greek yogurt topped with fruit and our fresh-made house Granola.

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