

# Menu

## Sandwiches

Made fresh...

OLD FASHION P.B.J.  
peanut butter & jelly,  
whole wheat bread \$3.00

GRILLED CHEESE  
wheat bread grilled with cheese  
& tomato \$3.75

GRILLED CHICKEN \$5.75  
(roll or bread) with lettuce &  
tomato (wrap or hero) \$7.00

TURKEY OR HAM \$5.75  
(roll or w.w.bread) cheese, lettuce,  
tomato (wrap or hero) \$ 7.00

TUNA SALAD \$5.75  
(roll or w.w.bread) with lettuce &  
tomato (wrap or hero) \$7.00

TURKEY CLUB \$6.00  
Turkey, turkey bacon, lettuce,  
tomato, mayo on wheat toast

## Fresh Made Salads

(Add tuna salad or grilled chicken +\$2.50)

HOUSE SALAD Lettuce, tomato, cucumber,  
carrots (choice of dressing) \$4.50

GRILLED CHICKEN CAESAR SALAD Made with  
our famous homemade dressing \$7.75

GREEK SALAD Lettuce, onion, green peppers,  
olives, tomato, cucumber, feta cheese \$6.75

SPINACH SALAD Fresh spinach, hard boiled  
eggs, turkey bacon, mushrooms, onion \$7.00

CHEF SALAD Lettuce, hard boiled eggs,  
tomato, cucumber, turkey, cheese, ham \$7.00

PROTEIN SALAD Lettuce, grilled chicken, hard  
boiled eggs, black beans, chickpeas,  
tomatoes \$7.75

## Wraps / Heros

Choice of wheat or spinach wrap

CHICKEN CESAR SALAD WRAP  
housemade dressing \$7.50

GRILLED VEGETABLE WRAP  
homemade hummus, onions,  
carrots, zucchini, spinach \$7.50

TERIYAKI CHICKEN WRAP \$7.50  
onions, peppers, lettuce, tomato

STEAK OR CHICKEN BURRITO  
brown rice & beans, onions,  
cheese, lettuce, chimichurri sauce  
\$8.00

PHILLY CHEESE STEAK HERO  
thinly sliced ribeye steak, onions,  
peppers, cheese \$8.00 (add hot  
peppers +.50c)

CILANTRO CHICKEN HERO  
Grilled chicken, sauteed peppers,  
onion, tomatoes, cilantro lime sauce  
\$7.50

## Healthy Burgers

Healthy & Delicious (platter + \$1.25)

TURKEY BURGER  
with lettuce, tomato,  
grilled onion and pickle \$5.75

VEGGIE BURGER W/ CHEESE  
Homemade... high fiber, low fat.  
w/ lettuce, tomato, onion,  
chipotle mayo \$6.75

HOMEMADE TUNA BURGER  
with lettuce, tomato, onion,  
lemon mayo \$6.75

BISON CHEESEBURGER  
Almost 40g of protein. Low fat.  
Lettuce, tomato, pickle, onion,  
cheese \$7.75

## Soup of the Day

Made Fresh Daily  
Reg (160z) \$3.75

### Special!

Sm Soup &  
1/2 wrap of the day  
or  
Sm Soup &  
Grilled Cheese  
\$6.00

### Roasted

### Chicken Platter

with brown rice & beans,  
salad  
1/4 \$5.50 1/2 \$8.00

### Other Choices...

Pasta w/ chicken & broccoli,  
garlic sauce \$8.00  
Grilled chicken w/ peppers,  
onions & tomatoes \$8.00  
Pasta w/ white beans,  
spinach, garlic, olive oil \$8.00

### Daily Specials

Checkout our  
blackboard for  
delicious specials of  
the day!