CREATE YOUR OWN

\$11.29

50-1200 cal

1

Create a salad, warm grain bowl or wrap

(whole wheat or white tortilla)

MAKE
HTHE
WORKS

2

Choose your base

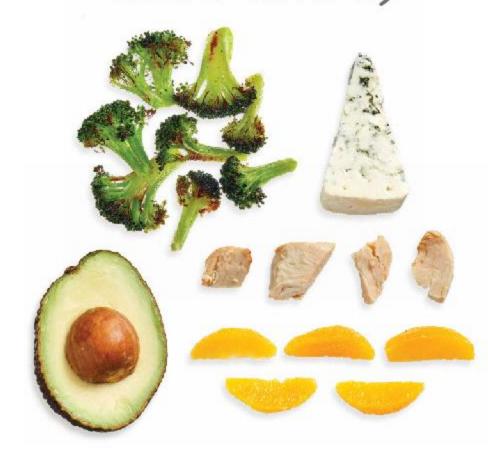
(greens, warm grains or both)



3

Add up to 5 ingredients

(add more for a little extra)



4

Top with a dressing

(or get it on the side)



extra toppings \$1.79 5-150 cal extra premiums \$2.29 50-205 cal extra super premiums \$3.79 40 cal

SIGNATURE SANDWICHES

\$10.99

cranberry 'n pecan chicken salad 474 cal

house-made chicken salad made with grilled chicken, honey roasted pecans, dried cranberries, chopped celery & spring mix, recommended on hearty wheatberry bread

turkey bacon 'n ranch 720 cal

roasted turkey, smoky bacon, sliced tomato, spring mix, sliced cheddar cheese & ranch, recommended on hearty wheatberry bread

turkey 'n cheddar 655 cal

roasted turkey, spring mix, sliced tomato, sliced cheddar cheese & honey mustard, recommended on rustic white bread

avocado blt 700 cal

smoky bacon, spring mix, fresh avocado, sliced tomato & green goddess, recommended on rustic white bread





PANINI MELTS \$10.99

buffalo chicken 720 cal

grilled buffalo chicken, shredded mozzarella & creamy bleu cheese, recommended on rustic white bread

tomato mozzarella 'n basil 657 cal

diced tomatoes, shredded mozzarella, roasted red peppers, spinach, pesto & balsamic vinaigrette, recommended on rustic white bread

chipotle chicken 'n bacon 1020 cal

grilled chicken, smoky bacon, cheddar cheese, fresh avocado & house-made chipotle ranch, recommended on rustic white bread

turkey cheddar 'n bacon 860 cal

roasted turkey, smoky bacon, cheddar cheese & thousand island, recommended on rustic white bread





Ask about today's soups

small \$5.49 medium \$6.49 large \$7.49

PICK ZFOR YOU

240-650 cal

\$11.49

your choice of any two:

small soup • 1/2 salad 1/2 sandwich • 1/2 panini



BEVERAGES

\$2.69-\$3.19



SHACKS & DESSERTS

140-440 cal \$2.49-\$3.49

chips • cookies • brownies marshmallow treats

