

CREATE YOUR OWN

50-1,200 cals

\$9.79

1

create a bowl or wrap
(whole wheat or white tortilla)

2

choose your base
(greens, 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)



MAKE
IT THE
WORKS



extra toppings
\$.99
5-150 cals

extra premiums
\$1.29
50-205 cals

extra super
premiums \$2.99
40 cals

SIGNATURES

choose greens, grains
or both **\$9.49**

300-600 cal



WRAP IT UP

turn any signature into a wrap
with your choice of whole wheat
or white tortilla.



sophie's
310 cal



**grilled chicken
caesar**
405 cal



bently
320 cal



avocado cobb
370 cal



roasted turkey club
290 cal



buffalo bleu
310 cal



grilled chicken pesto
314 cal



asian crispy chicken
376 cal



farmers market
320 cal



grilled chicken mediterranean
230 cal



honey bbq crispy chicken
470 cal



southwest chipotle ranch
420 cal

SANDWICHES \$9.49

avocado blt 830 cals

loaded chicken salad 370 cals

west coast turkey 580 cals



PANINIS \$9.49

chicken parmesan 870 cals

turkey melt 1020 cals

buffalo chicken 870 cals

caprese 940 cals



SOUPS 70-640 cals

ask about today's soups

small \$3.99 • medium \$4.99 • large \$5.99

add small to any entrée \$2.99



PICK 2 FOR YOU

240-650 cals

your choice of any two:

small soup • 1/2 salad

1/2 sandwich • 1/2 panini



SNACKS & DESSERTS

140-440 cals \$1.29-\$3.29

chips • cookies • brownies • marshmallow treats

