

CREATE YOUR OWN

\$11.29

50-1200 cal

1

**Create a salad,
warm grain bowl
or wrap**

(whole wheat or
white tortilla)

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)



MAKE
IT THE
WORKS



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

SOUPS

70-640 cal

Ask about today's soups

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



BEVERAGES

\$2.69-\$3.19



PICK 2 FOR YOU

240-650 cal

\$11.49

your choice of any two:

small soup • 1/2 salad

1/2 sandwich • 1/2 panini



SNACKS & DESSERTS

140-440 cal

\$2.49-\$3.49

chips • cookies • brownies

marshmallow treats

