

Satisfying Sandwiches & Salads

SANDWICHES & WRAPS

SANDWICHES & WRAPS \$5

VEGGIES ONLY \$4

All sandwiches & wraps include choice of two meats & any toppings.



BREADS

White
Wheat
Wheatberry
Kaiser
Croissant
Wheat Roll

TORTILLAS

Wheat
Jalapeño Cheddar
Tomato Basil
Spinach

MEATS & SALADS

Ham
Low-sodium Turkey
Smoked Turkey
Deep Fried Chicken Breast
Grilled Chicken
Low-fat Tuna Salad
Low-fat Chicken Salad



FRESH VEGGIES

Lettuce
Tomato
Pickles
Onions

Red & Green Peppers
Zucchini
Squash
Shredded Carrots

Black Olives
Jalapeños
Cucumbers
Avocado



DRESSINGS

Mustard
Mayo
Honey Dijon

Chipotle Mayo
Cranberry Mayo
Avocado Jalapeño Mayo

Spicy Mustard
Ranch
Buffalo Ranch



CHEESES

American
Pepperjack
Swiss

Ghost Pepper
Provolone
Cheddar



WANT TO SKIP THE BREAD?

\$5

Make any sandwich into a lettuce wrap or salad.

DAILY GRAB-N-GO SPECIALS \$6

Includes chips or fruit & water

MONDAY:

BLT or Low-fat Chicken Salad on Wheatberry

TUESDAY:

Spicy Chicken Sandwich or Low-fat Chicken Caesar Wrap

WEDNESDAY:

Low-fat Turkey Sandwich or Low-fat Chicken Salad Sandwich

THURSDAY:

Spicy Chicken Sandwich or Sandwich of the Day

FRIDAY:

Low-fat Tuna Salad Sandwich or Club Sandwich

TASTY TREATS



Whole Fruit \$0.50
Fruit Cup \$1.00
Yogurt Parfait \$2.00
Individual Yogurt \$1.00

Assorted Pastries \$1.00
Chips \$1.00
Naked® Juice \$2.75
Bottled Water \$0.68