

Mains

CREATE YOUR OWN SALAD

− \$8.99

Choose from our fresh list of greens, add 3 of your favorite toppings, 1 cheese, 1 protein, and toss in the dressing of your choice.

Make it a combo with a cup of soup and a fountain beverage \$2.99

CREATE YOUR OWN DELUXE SALAD

+ \$9.59

Choose from our fresh list of greens, add 5 of your favorite toppings, 1 cheese, 1 protein, and toss in the dressing of your choice.

Make it a combo with a cup of soup and a fountain beverage \$2.99

CREATE YOUR OWN PANINI

− \$5.69

with choice of Soup or Salad

Your choice of freshly baked bread, 1 protein, 3 toppings, and sauce with soup or salad.

Any salad combination not containing gluten options with whole fruit and a fountain drink.

⊗ − \$9.59



Build Your Own Salad

Greens

Baby Spinach	10	CAL
Chopped Kale	40	CAL

Protein

Chicken Breast	100	CAL
Diced Ham	90	CAL
Tuna	170	CAL
Red Pepper Hummus	100	CAL
Diced Turkey	110	CAL
Diced Tofu	60	CAL
Bacon Crumbles	100	CAL
Pepperoni	140	CAL

Cheese

Feta	80	CAL
Parmesan	60	CAL
Cheddar	90	CAL
Blue Cheese Crumbles	60	CAL

Toppings

Grape Tomatoes	5	CAL
Diced Cucumbers	5	CAL
Diced Red Onion	20	CAL
Chopped Broccoli	15	CAL
Shredded Carrots	20	CAL
Black Olives	35	CAL
Mandarin Oranges	40	CAL
Egg Wedges	80	CAL
Homemade Croutons	95	CAL
Tortilla Strips	50	CAL
Sunflower Seeds	100	CAL
Artichoke Hearts	10	CAL
Mushrooms	10	CAL
Dried Cranberries	80	CAL
Quinoa	100	CAL
Chow Mein Noodles	75	CAL

Dressing

Golden Italian	180	CAL
Honey Balsamic	210	CAL
Honey Mustard	280	CAL
Ranch	200	CAL
Strawberry Vinaigrette	120	CAL
Blue Cheese	190	CAL
Caesar	280	CAL
Asian Sesame	350	CAL
Thousand Island	230	CAL

Sides

Fountain Beverage	\$2.69	0-240	CAL
Chips	\$1.69	140-240	CAL

Make it a Combo

Cup of soup & Fountain Beverage	\$2.99
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Based on a 2000 Calorie Diet. For additional information, please ask your server.

Signatures

Signature Paninis

Three Cheese and Herbs Panini \$ 3.19 | 530 CAL

Cheddar, Provolone, and Pepper Jack

Santa Fe Melt \$3.49 | 320 CAL

*Turkey with Chipotle Lime Mayo, Pepper Jack Cheese,
Spinach, and Tomatoes*

Chicken Parmigiana Panini \$4.19 | 560 CAL

*Crispy Chicken with Marinara, Parmesan, and Provolone
Cheese with Fresh Basil Ribbons*

The Elvis \$ 3.19 | 390 CAL

Peanut Butter, Bananas, and Honey

Pesto Roasted Vegetable Panini \$3.49 | 345 CAL

*Fresh Roasted Vegetables with Pesto Mayo, Provolone
Cheese, and Fresh Spinach*

Ham and Swiss Panini \$4.19 | 270 CAL

Smoked Ham, Dijonnaise, Swiss, and Tomatoes

Signature Soups

Tomato Basil Bisque \$2.49 | 165 CAL

Offering rotating soups of the day!

Side Salad

Garden Salad with Dressing \$2.49 | 20 – 370 CAL

Build Your Own Panini

Bread

12 Grain	140 CAL
Sourdough	240 CAL

Protein

Turkey	40 CAL
Smoked Ham	50 CAL
Crispy Chicken	260 CAL
Tuna Salad	180 CAL
Marinated Portobello Mushroom	100 CAL
Grilled Chicken	90 CAL
Bacon Slices	200 CAL

Toppings

Bacon	100 CAL
Pepperoni	40 CAL
Tomato	10 CAL
Black Olives	15 CAL
Red Onions	10 CAL
Basil Ribbons	0 CAL
Roasted Peppers	5 CAL
Marinated Portobello Mushrooms	50 CAL
Spinach	5 CAL

Sauces

Pesto Mayo	40 CAL
Chipotle Lime Mayo	35 CAL
Marinara	20 CAL
Dijonnaise	60 CAL