



Choose your bread

	cal
Ciabatta	240
Sub Roll	190
Wrap	250-310
Fresh Baked Croissant	350
<i>Add \$1.59</i>	

**Make it WICKED BIG with a
BIGGIE SUB ROLL for just
\$2.50!**

ADD ONS

Bacon	\$1.99	150
Avocado	\$2.29	90
Fresh Mozzarella	\$2.59	290
Double Meat	\$3.00	varies

		cal			cal
Fenway Roast Beef	\$11.99	640	Chancellor Chimichurri Chicken	\$10.39	690
House made roast beef, cheddar cheese, caramelized onions, lettuce, tomato, mayo			Grilled chicken, chimichurri sauce, avocado spread, lettuce, tomatoes, onions		
John Quincy Italian	\$10.39	580	Voyager Reuben	\$10.39	505
Sliced ham, capicola, salami, provolone cheese, lettuce, tomato, onion			Rye bread, 1000 island dressing, corned beef, Swiss cheese, and sauerkraut		
Wollaston Chicken BLT	\$10.39	560	Bobby Beacon's Spicy Chicken	\$10.39	550
House roasted chicken, crispy bacon, lettuce, tomato, ranch dressing			Grilled chicken, pepperjack cheese, pepperoncini, caramelized onions, lettuce, tomato, chipotle mayo		
Wicked Gloucester Tuna	\$10.39	360	Carlos's Smokehouse Club	\$11.99	550
Tuna salad, lettuce, tomato, onion, mayo			House roasted turkey breast, bacon, cheddar, portobella mushrooms, caramelized onion, lettuce, tomato, BBQ sauce		
Boston Garden Caesar	\$10.29	500	Tanisha's Combo Special	\$11.99	580
House roasted chicken breast, romaine lettuce, parmesan cheese, Caesar dressing			Turkey, Salami, American cheese, banana peppers, red onion, lettuce, tomato, pickle, chimichurri, chipotle mayo		
The T Spicy Turkey	\$10.39	530			
House roasted turkey breast, pepperjack cheese, lettuce, tomato, chipotle mayo					



Mind

Mindful



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Plan



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HAZL

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.

Carolina Gold BBQ Chicken Sandwich

Pulled chicken with Carolina gold BBQ sauce on a whole-grain bun with leaf lettuce, sliced tomato, onion and pickle chips.
Served with roasted potato wedges and red grapes.

420 CAL

ADDITIONAL NUTRITION INFO AND RECIPE:



Contains:
Wheat
Soy
Gluten
Mustard

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Available at Dot's Deli: 02/09 - 02/20

mindful
Enjoy Health



Lemon Tarragon Tuna Salad Sandwich

Lemon tarragon tuna salad with Red Delicious apple slices, spring mix and sliced tomatoes on a whole-grain bun with nonfat yogurt.

**Available at Dot's Deli:
02/23 - 03/06**

300 CAL

ADDITIONAL NUTRITION INFO AND RECIPE:



Contains:
Milk
Eggs
Fish
Wheat
Soy
Gluten
Mustard

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Middle Eastern Everything Wrap

Soft whole-wheat tortilla filled with everything bagel-seasoned baba ghanoush, roasted mushrooms and rainbow slaw with chickpeas and Kalamata olive dressing.

**Available at Dot's Deli:
03/16 - 03/27**

310 CAL

ADDITIONAL NUTRITION INFO AND RECIPE:



Contains:
Milk
Wheat
Gluten
Sesame
Sulphites

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2,000 calories a day is used for general nutrition advice, but calorie needs vary.



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Enjoy Health

Spicy Jerk Chicken Wrap

Spicy grilled jerk chicken breast, coconut rice and Caribbean black beans with mango-corn salsa in a toasted whole-wheat tortilla.

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Enjoy Health

Available at Dot's Deli:
03/23 - 04/03

470 CAL

ADDITIONAL NUTRITION INFO AND RECIPE:



Contains:
Wheat
Tree nuts
Gluten
Sulphites

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Savory Portobello French Dip

Sliced miso-braised portobello mushrooms, caramelized onion, melted mozzarella and creamy horseradish sauce on a toasted roll. Served with savory balsamic au jus.

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Enjoy Health

Available at Dot's Deli:
04/06 - 04/10

310 CAL

ADDITIONAL NUTRITION INFO AND RECIPE:



Contains:
Milk
Wheat
Soy
Gluten
Sulphites

V

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



Levantine Chicken Shawarma Wrap

Aromatic grilled chicken, lemon-parsley roasted potatoes, dill pickle strips and creamy whipped garlic sauce in a whole-grain tortilla. Served with fattoush salad.

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Enjoy Health

Available at Dot's Deli:
04/13 - 04/17

490 CAL

ADDITIONAL NUTRITION INFO AND RECIPE:



Contains:
Milk
Wheat
Gluten
Sulphites

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



Fresh Market

BUILD YOUR OWN SALAD

\$0.58 per oz

Mild Banana Peppers
  Cal 10

Sauteed Summer Squash
  Cal 30

Country-style Potato Salad
 Cal 140
Contains: eggs, soy bean, mustard

Deli Tuna
Cal 60
Contains: fish

Black Olives
  Cal 10

Sautéed Mushrooms
  Cal 15

Antipasto Salad
Cal 230
Contains: milk

Buffalo Chicken Salad
Cal 270
Contains: wheat, gluten eggs, soy bean

Roasted Beets
  Cal 40

Garden Pasta Salad
  Cal 80
Contains: wheat, gluten

Hard Boiled Egg
 Cal 150
Contains: eggs

Garlic Grilled Chicken
  Cal 100

Vegan 

Vegetarian 

Mindful 

Fresh Market



BUILD YOUR OWN SALAD



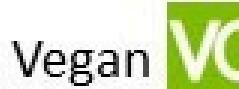
\$0.58 per oz

VG
Vegan



	cal		cal
Baby Spinach	5	Fresh Red Onions	10
Chopped Romaine	0	Cherry Tomatoes	5
Field Greens	0	Fresh Cucumbers	0
Julienne Peppers	5	Julienne Carrots	10
Fresh Broccoli Florets	10		

Vegan



Vegetarian



Mindful



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Yogurt & More



\$0.58 per oz

cal per ½ cup

VG Plain Greek Yogurt	70
VG Vanilla Yogurt	75
VG Strawberry Yogurt	75
VG Granola	225
VG Chocolate Chips	400
VG Dried Cranberries	200
VG Sweetened Shredded Coconut	145



Fruit Bar



\$0.58 per oz

cal per 1 cup

VG Cantaloupe	55
VG Pineapple	85
VG Honeydew	60
VG Watermelon	50
VG Grapes	65
VG Strawberries	50
VG Peaches	135

cal per 1 cup

VG Grits	12 oz - \$2.99	120
VG Oatmeal	16 oz - \$3.49	150

Vegan **VG**

Vegetarian **V**

Mindful