



Choose your bread

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

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

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

Fenway Roast Beef	\$11.99	640 cal
House made roast beef, cheddar cheese, caramelized onions, lettuce, tomato, mayo		
John Quincy Italian	\$10.39	580
Sliced ham, capicola, salami, provolone cheese, lettuce, tomato, onion		
Wollaston Chicken BLT	\$10.39	560
House roasted chicken, crispy bacon, lettuce, tomato, ranch dressing		
Wicked Gloucester Tuna	\$10.39	360
Tuna salad, lettuce, tomato, onion, mayo		
Boston Garden Caesar	\$10.29	500
House roasted chicken breast, romaine lettuce, parmesan cheese, Caesar dressing		
The T Spicy Turkey	\$10.39	530
House roasted turkey breast, pepperjack cheese, lettuce, tomato, chipotle mayo		
Boston Common Veggie	\$9.79	310
Roasted portobella mushroom, fresh mozzarella, chipotle salsa, basil, tomato, lettuce		

Chancellor Chimichurri Chicken	\$10.39	690 cal
Grilled chicken, chimichurri sauce, avocado spread, lettuce, tomatoes, onions		
Voyager Reuben	\$10.39	505
Rye bread, 1000 island dressing, corned beef, Swiss cheese, and sauerkraut		
Bobby Beacon's Spicy Chicken	\$10.39	550
Grilled chicken, pepperjack cheese, pepperoncini, caramelized onions, lettuce, tomato, chipotle mayo		
Carlos's Smokehouse Club	\$11.99	550
House roasted turkey breast, bacon, cheddar, portobella mushrooms, caramelized onion, lettuce, tomato, BBQ sauce		
Tanisha's Combo Special	\$11.99	580
Turkey, Salami, American cheese, banana peppers, red onion, lettuce, tomato, pickle, chimichurri, chipotle mayo		
DD's Favorite	\$9.69	400
Balsamic roasted vegetables, hummus, lettuce, tomato		



Mindful



Vegan



Vegetarian



Plant Based



Halal

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.

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mindful
Enjoy Health

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



Lemon Tarragon Tuna Salad Sandwich

mindful
Enjoy Health

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



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



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.

mindful
Enjoy Health

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

470 CAL

ADDITIONAL NUTRITION INFO AND RECIPE:



Contains:
Wheat
Treenuts
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.



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

310 CAL

ADDITIONAL NUTRITION INFO AND RECIPE:



Contains:
Milk
Wheat
Soy
Gluten
Sulphites



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



Levantine Chicken Shawarma Wrap

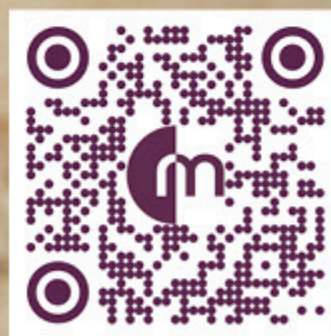
mindful
Enjoy Health

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

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

490 CAL

ADDITIONAL NUTRITION INFO AND RECIPE:



Contains:
Milk
Wheat
Gluten
Sulphites

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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



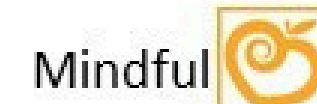
BUILD YOUR OWN SALAD



\$0.58 per oz



	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		



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Yogurt & More



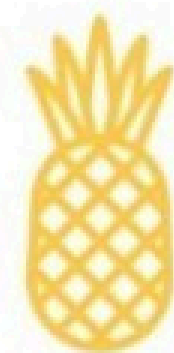
\$0.58 per oz

cal per ½ cup

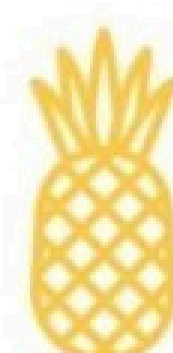
V Plain Greek Yogurt	70
V Vanilla Yogurt	75
V Strawberry Yogurt	75
V Granola	225
V Chocolate Chips	400
VG Dried Cranberries	200
V Sweetened Shredded Coconut	145

cal per 1 cup

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



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

Vegan **VG** Vegetarian **V** Mindful 