

Mains

CREATE YOUR OWN SALAD

− \$9.39

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 \$3.09

CREATE YOUR OWN DELUXE SALAD

+ \$9.99

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 \$3.09

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
Spring Mix	20	CAL
Chopped Mix	30	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
Roasted Chickpeas	60	CAL
Quinoa	100	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
Sunflower Seeds	100	CAL
Artichoke Hearts	10	CAL
Mushrooms	10	CAL
Dried Cranberries	80	CAL
Quinoa	100	CAL
Chow Mein Noodles	75	CAL
Bacon	100	CAL
Pepperoni	50	CAL
Marinated Beets	15	CAL
French's Fried Onions	20	CAL
Fresh Green Peppers	15	CAL

Dressing

Golden Italian	180	CAL
Honey Balsamic	210	CAL
Honey Mustard	280	CAL
Ranch	200	CAL
Strawberry Vinaigrette	120	CAL
Caesar	280	CAL
Greek Vinaigrette	250	CAL
Smoky Orange Vinaigrette	350	CAL

Sides

Fountain Beverage	\$2.79	0-240	CAL
Chips	\$1.79	140-240	CAL

Make it a Combo

Cup of soup & Fountain Beverage	\$3.09
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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 \$ 3.29 | 530 CAL

Cheddar, Provolone, and Pepper Jack

Santa Fe Melt \$3.59 | 320 CAL

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

Chicken Parmigiana Panini \$4.29 | 560 CAL

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

Ham and Swiss Panini \$4.39 | 270 CAL

Smoked Ham, Dijonnaise, Swiss, and Tomatoes

Crispy Chicken Jalapeño Popper Panini \$4.29 | 780 CAL

Crispy Chicken and Bacon with Jalapeño Cream Cheese and Cheddar Cheese

Caprese Panini \$3.59 | 615 CAL

Fresh Mozzarella, Tomato, and Basil with Pesto Mayo and Balsamic Glaze

Club Sandwich \$4.99 | 800 CAL

Turkey, Ham, and Bacon with Tomato and Spring Mix

Signature Soups

Tomato Basil Bisque \$2.59 | 165 CAL

Offering rotating soups of the day! \$2.59

Side Salad

Garden Salad with Dressing \$2.59 | 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 Veggies	60 CAL
Grilled Chicken	90 CAL
Bacon Slices	200 CAL

Spreads

Pesto Mayo	40 CAL
Chipotle Lime Mayo	35 CAL
Marinara	20 CAL
Dijonnaise	60 CAL
Mayonnaise	150 CAL
Yellow Mustard	25 CAL
Jalapeño Cream Cheese	110 CAL
Nutella	310 CAL
Peanut Butter	340 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 Veggies	60 CAL
Spinach	5 CAL
Sliced Bananas	80 CAL
Honey	120 CAL
Fresh Green Peppers	15 CAL
Balsamic Glaze	20 CAL

Cheese

Provolone	100 CAL
Pepper Jack	90 CAL
Swiss	80 CAL
Cheddar	115 CAL
Parmesan	120 CAL
Fresh Mozzarella	140 CAL