



Salads & Wraps

■ CHICKEN CAESAR

Romaine lettuce, chicken breast, shredded parmesan cheese, croutons, caesar dressing

SALAD \$14.40 WRAP \$13.40

■ WALDORF

Romaine lettuce, waldorf chicken salad (cranberries, walnuts, raisins), tomatoes, balsamic vinaigrette dressing

SALAD \$14.40 WRAP \$13.40

■ ORIENTAL

Romaine lettuce, chicken breast, tomatoes, cucumber, scallions, red cabbage, carrots, oranges, noodles, edamame, sesame oriental dressing

SALAD \$15.25 WRAP \$14.25

■ GREEK

Romaine lettuce, chicken breast, tomatoes cucumber, red onions, black olives, feta cheese, banana peppers, greek vinaigrette dressing

SALAD \$14.40 WRAP \$13.40

■ FAJITA

Romaine lettuce, chicken breast, tomatoes, red onions, corn, black beans, sweet peppers, banana peppers, parmesan & cheddar cheese, ranch dressing

SALAD \$15.40 WRAP \$14.40

■ SIGNATURE

Romaine lettuce, chicken breast, cranberries, walnuts, crumbled bleu cheese, balsamic vinaigrette dressing

SALAD \$14.40 WRAP \$13.40

■ TERIYAKI CHICKEN

Romaine lettuce, mixed greens, chicken tenders, edamame, red cabbage, shredded carrots, scallions, sliced almonds, chinese noodles, teriyaki sauce

SALAD \$16.40 WRAP \$15.40



Salads & Wraps

CAPRESE

Romaine lettuce, fresh mozzarella cheese, sun-dried tomatoes, fresh tomatoes, roasted red pepper, balsamic vinaigrette

SALAD \$14.40 WRAP \$13.40

HEARTS OF PALM

Mixed greens, romaine lettuce, hearts of palm, avocado, onions, tomatoes, cucumber, lemon vinaigrette dressing

SALAD \$14.95 WRAP \$13.95

MEDITERRANEAN

Romaine lettuce, chicken breast, sun-dried tomatoes, feta cheese, olives, chickpeas, greek dressing

SALAD \$14.95 WRAP \$13.95

CHEF

Romaine lettuce, turkey, Cure81 ham, hardboiled egg, carrots, tomatoes, red onions, crumbled bleu cheese, 1000 island dressing

SALAD \$17.40 WRAP \$16.40

SEARED TUNA

Spring mix, seared Ahi-Tuna, carrots, broccoli, red cabbage, tomatoes, scallions, edamame, thai-peanut dressing

SALAD \$18.40 WRAP \$17.40

SHRIMP & PEAR

Spinach, shrimp, pear, tomatoes, cucumber, carrots, crumbled bleu cheese, raspberry vinaigrette dressing

SALAD \$18.40 WRAP \$17.40

TUNA SALAD

Romaine lettuce, tuna salad, tomatoes, cucumber, carrots, red cabbage, balsamic vinaigrette

SALAD \$14.40 WRAP \$13.40

BUFFALO CHICKEN

Romaine lettuce, chicken tenders tossed in hot sauce, tomatoes, cucumber, choice of bleu cheese crumbles & bleu cheese dressing or cheddar cheese & ranch dressing

SALAD \$15.25 WRAP \$14.25



CREATE YOUR OWN

SALAD or WRAP

EXTRAS

Avocado	\$2.75
Roasted Red Pepper	\$2.25
Goat Cheese	\$2.50
Fresh Mozzarella	\$3.45
Extra Cheese	\$1.00
Hard Boiled Egg	\$1.75
Bacon	\$2.25
Walnuts	\$1.25
Additional Protein	\$3.75
Fresh Lemon	\$1.50
Extra Chopped	\$1.50
Extra Dressing	\$1.00
Extra Crackers	\$1.00
Chicken tenders	\$4.75

NEW
RECIPE!

Sandwiches

■ VINNY'S CLUB / \$14.90

Cure81 ham, roast turkey breast, bacon, provolone cheese, American cheese, lettuce, tomatoes, mayonnaise

■ CALIFORNIA / \$11.75

Avocado, alfalfa sprouts, smoked gouda cheese, mayonnaise and tomatoes
Add chicken \$2.50

■ TURKEY CLUB / \$12.90

Roast turkey breast, bacon, smoked gouda cheese, lettuce, tomatoes, 1000 island dressing

■ BLT / \$12.45

Bacon, lettuce, tomatoes, mayonnaise on choice of bread

■ TUNA OR CHICKEN SALAD / \$9.45

Choice of bread: multigrain or white

Paninis

■ CAMPAGNOLO / \$12.45

Chicken breast, roasted red peppers, provolone, baby lettuce, creamy pesto mayonnaise

■ MONTEREY CHICKEN / \$13.90

BBQ chicken breast, bacon, smoked gouda cheese, red onions, lettuce, tomatoes

■ ROMA / \$14.70

Tomatoes, fresh mozzarella cheese, baby lettuce, balsamic glaze, pesto



Quesadillas

■ QUESADILLA / \$10.75

Chicken breast, shredded cheese, sour cream, salsa

■ BUFFALO / \$12.25

Chicken breast, shredded cheese, blue cheese crumbles, hot sauce

■ BBQ CHICKEN / \$11.75

BBQ chicken breast, corn, black beans, onions, shredded cheese

■ VEGGIE / \$11.75

Spinach, black beans, mushrooms, onions, olives, corn, shredded cheese