

SANDWICHES

Choice of Bread or ask as a Wrap!

BOOM'N TURKEY BLT

A Mound of Roasted Turkey, Bacon Lettuce, and Tomato with Mayonnaise \$7.99/430 cal

THE NEW YORKER

Sliced Pastrami, Creamy Coleslaw, 1000 Island Dressing \$7.99/610 cal

PRONTO CHICKEN

Grilled Marinated Chicken, Pesto, Spinach, Roasted Red Peppers, & Mozzarella Cheese \$8.99/450 cal

THE ITALIAN COMBO

Ham, Salami, Capicola, Provolone, Lettuce, Tomato, & Italian Dressing \$7.99/480 cal

THE AMERICAN HOAGIE

Turkey, Salami, Ham, American Cheese, Lettuce, & Tomato \$6.99/520 cal



VEG OUT

Balsamic Marinated Portobello Mushrooms, Spinach, Cucumber, Tomato, Red Onion, Basil Pesto, Provolone \$7.99/310 cal

TUNA, CHICKEN, OR EGG SALAD

Served w/Lettuce & Tomato \$6.99/480-650 cal

BYOB - BE YOUR OWN BOSS

Pick your choice of fresh bread, some tasty meat and your favorite cheese along with all the fresh veggies you'd like, \$8.99/varied cal

SIDES

RED POTATO SALAD \$1.99/270 CAL

CREAMY COLE SLAW \$1.99/190 CAL

PASTA SALAD \$1.99/105 CAL

SALADS

CHICKEN CAESAR SALAD

Romaine, Parmesan, Croutons, Grilled Chicken with Creamy Caesar Dressing \$6.99/580 cal

CALIFORNIA COBB SALAD

Romaine, Oven Roasted Turkey, Grape Tomatoes, Cucumbers, Bacon with Peppercorn Ranch \$7.99/610 cal

CRAISIN FOR YOU SALAD

Romaine & Mesclun, Crab Meat, Craisins, Walnuts, Fresh Apples, Bleu Cheese with Honey Balsamic \$8.99/490 cal

GREEK SALAD

Romaine & Mesclun, Red Onion, Green Onion, Tomatoes, Kalamata Olives, Feta Cheese with Balsamic Dressing \$6.99/360 cal

CAPRESE SALAD

Romaine & Mesclun, Red Onion, Tomatoes, Mozzarella Cheese, Basil Pesto, with Balsamic Dressing \$6.99/380 cal

MILE HIGH SALAD

Mesclun Greens, Grape Tomatoes, Red Onion, Cucumbers, Red Peppers, Parmesan Cheese Choice of Dressing \$5.99/490 cal

Add Any Protein \$2.00/140-250 cal

SIGNATURE BOWLS

TEX-MEX BOWL

Quinoa, Romaine, Avocado, Jack Cheese, Pico de Gallo, Black Beans with Chipotle Lime Vinaigrette \$7.99/470 cal

CRAB ROLL BOWL

Quinoa, Romaine & Mesclun, Red Peppers Cucumbers, Spicy Crab Salad with Siracha Dressing \$8.99/350 cal

MEDITERRANEAN BOWL

Quinoa, Romaine, Kalamata Olives, Roasted Red Peppers, Chickpeas, Fresh Apples, Feta Cheese with Poppy Seed Yogurt Dressing \$8.99/350 cal

Add Meat or Double Meat +\$2.00/140-250 cal

Extra Cheese +\$0.50/96 cal

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.

