



Sandwiches

Tuna Salad Sandwich on Fresh Ciabatta Bread **\$8.00**

Tuna salad, swiss cheese, fresh Roma tomatoes, mesclun greens, and roasted red peppers. Very low in fat and high in protein.

Chicken Pesto Sandwich on 7-Grain **\$8.00**

Comes with fresh Roma tomatoes, mesclun greens and roasted red peppers. High in protein, low in fat and all around balanced meal that will provide many essential vitamins such as B, A, C and Iron along with high in fiber.

Mozzarella, Basil, Tomato on Rosemary **\$8.00**

A simple yet flavorful treat where each flavor compliments the other.

Goat Cheese, Sun-dried tomatoes, Garlic, Fresh Basil, Roasted Red Peppers on Ciabatta **\$8.00**

Marinated Tuna Salad on French Roll **\$8.00**

A low-fat tuna salad served with mesclun greens and fresh Roma tomatoes.

Turkey Breast on Sourdough **\$8.00**

Moist, delicious boneless turkey breast slices served with Swiss cheese, mesclun greens, and fresh Roma tomatoes on our exclusive fresh sourdough bread.

All American Club on Country White **\$8.00**

A National favorite! Includes slices of turkey breast, ham, and Canadian bacon, with mayonnaise, Dijon mustard, mesclun greens, American cheese, fresh tomatoes on fresh gourmet country white bread.

Choices of Bread

Choose from sourdough, ciabatta roll, rosemary, country white, 7-grain, whole wheat, honey whole wheat, french roll, rustique roll, or sesame bun.

Side Options

Choose from mixed greens, rosemary basmati rice, cream of mushroom or tomato soup.

Salads

Goat Cheese Salad on Mesclun Greens **\$8.00**

This salad is a balance of almost all the food groups including dairy, legumes, fruits, veggies, protein, and a healthy fat.

Cobb Salad **\$8.00**

Turkey breast, ham, roast beef, Canadian bacon, American cheese, artichoke hearts, fresh Roma tomatoes, and egg over a spring mix salad and buttermilk ranch dressing.

Homemade Pesto Chicken Breast Salad **\$8.00**

Homemade esto baked onto a chicken breast with fresh Roma tomatoes, roasted red peppers, and artichoke hearts.

Sauteed Spinach Salad **\$8.00**

A healthy, wonderful creation that provides much of the variety of vitamins, minerals and antioxidants needed daily.

Grilled Veggie Salad **\$8.00**

Artichoke hearts, roasted red peppers, caramelized onions, fresh Roma tomatoes, walnuts topped off with goat cheese.

Employees receive a 20% discount on all Salads.