



## SANDWICHES

SERVED WITH YOUR CHOICE OF SIDE

- |   |             |
|---|-------------|
| <b>GODFATHER</b>  | <b>9.19</b> |
| Ham, salami, pepperoni, provolone, lettuce, tomatoes, hot pepper blend and balsamic vinaigrette, toasted on ciabatta bread                      |             |
| <b>CHICKEN CAPRESE</b>  | <b>9.19</b> |
| All-natural freshly roasted chicken breast, tomatoes, fresh mozzarella, fresh basil and balsamic vinaigrette, toasted on ciabatta bread.        |             |
| <b>CALIFORNIA TURKEY</b>  | <b>9.19</b> |
| All-natural turkey breast, avocado, provolone, spinach, tomatoes & pesto mayo, on wheat bread.  |             |
| <b>SPICY FRANITA</b>  | <b>9.19</b> |
| All-natural turkey breast, Penny's® Jalapeno Pimento cheese, lettuce and tomato, on a french baguette   |             |
| <b>PESTO CHICKEN SALAD</b>  | <b>7.79</b> |
| All-natural freshly roasted chicken tossed with pesto mayo, fresh cilantro and red onion, served with lettuce and tomato on toasted wheat bread |             |
| <b>TUNA MELT</b>  | <b>7.79</b> |
| Tuna salad with melted swiss cheese, tomatoes and red onions, toasted on country sourdough bread  |             |
| <b>PENNY'S® JALAPENO PIMIENTO CHEESE</b>  | <b>7.79</b> |
| A bit of a kick, toasted on cranberry-raisin-walnut bread   |             |

## WRAPS

SERVED WITH YOUR CHOICE OF SIDE

- |   |             |
|---|-------------|
| <b>TUSCAN CHICKEN</b>   | <b>9.19</b> |
| All-natural freshly roasted chicken breast, organic baby spinach, roasted red peppers, goat cheese, balsamic glaze and basil pesto, in a whole wheat wrap |             |
| <b>LITTLE RED ROOSTER</b>   | <b>9.19</b> |
| All-natural freshly roasted chicken breast, ham, bacon, provolone, lettuce, tomatoes and honey mustard, toasted in a tomato basil wrap                    |             |
| <b>MEXICALI</b>   | <b>9.19</b> |
| All-natural freshly roasted chicken breast, pepper jack cheese, lettuce, tomatoes and chipotle mayo, toasted in a whole wheat wrap                        |             |
| <b>VERY VEGGIE</b>  | <b>7.79</b> |
| Cucumbers, carrots, green peppers, avocado, organic field greens, tomatoes, provolone and pesto mayo, in a spinach wrap                                   |             |

## SIDES

- |   |             |
|---|-------------|
| <b>Parmesan Ranch Pasta Salad, Fresh Fruit, Chips</b> | <b>2.19</b> |
| <b>Yukon Gold Fries</b>                               |             |
| <b>Sweet Potato Fries</b>                             | <b>2.89</b> |
| <b>Mac n' Cheese</b>                                  | <b>3.79</b> |

## SOUPS

- |                     |           |                            |           |
|---------------------|-----------|----------------------------|-----------|
| • Broccoli & Cheese | CUP 3.79  | • Turkey Chili             | CUP 4.79  |
| • Garden Vegetable  | BOWL 4.59 | • Roasted Red Pepper Gouda | BOWL 5.59 |

\*This item is served using raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness  
 \*\* Contains nuts. Some menu items may have had contact with nuts. Please inform us of food allergy.



# JUST FRESH

## GRILL

Served with  
lettuce, tomato  
and your choice  
of side

### TURKEY BURGER 9.19

Fresh ground turkey burger, cheddar cheese, honey dijon mustard, mayo and pickles on a whole wheat bun

### ANGUS BEEF BURGER\* 9.99

Cheddar cheese, honey dijon mustard, mayo, and pickles on a brioche bun

### SANTA FE SANDWICH 8.99

All natural freshly grilled chicken breast, bacon, pepper jack cheese and chipotle mayo on a whole wheat bun

### MELLOBELLA 8.79

Grilled portobello mushroom cap, organic spinach, tomato, pesto mayo and swiss cheese on a whole wheat bun

## QUESADILLAS

SERVED WITH SALSA AND SOUR CREAM.

### FIESTA FRESCA 8.89

All-natural freshly roasted chicken breast, cheddar jack cheese blend, black beans, hot pepper blend, tomatoes and chipotle mayo in a tomato basil tortilla

### SPINACH & MUSHROOM 8.89

Fresh spinach, mushrooms and cheddar jack cheese blend in a flour tortilla *add chicken 2.39*

## QUINOA BOWLS

### SONORAN 8.99

All-natural freshly roasted cajun chicken breast, black beans, avocado, red onions and tomatoes, over quinoa with cilantro lime vinaigrette

### MACCHU 8.99

All-natural freshly roasted chicken breast, goat cheese, tomatoes, sunflower seeds and avocado, over quinoa with white balsamic shallot vinaigrette

## SALADS

### MOZZABELLA\*\* 8.99

Organic field greens, fresh mozzarella, roasted portobello, tomatoes, roasted red peppers and toasted pecans, with balsamic vinaigrette dressing *add chicken 2.39*

### RED, WHITE & BLUE\*\* 8.99

Organic field greens, fresh strawberries and blueberries, toasted walnuts and goat cheese, with balsamic vinaigrette dressing *add chicken 2.39*

### SPINACH\* 8.99

Organic baby spinach, hard-boiled egg, sliced mushrooms, bacon, all-natural freshly roasted chicken breast and sunflower seeds, with white shallot vinaigrette dressing

### BLUE COBB 8.99

Organic field greens, all-natural freshly roasted chicken breast, crumbled blue cheese, tomatoes, cucumbers and bacon, with blue cheese dressing

### CAJUN CRUNCH\*\* 8.99

Crisp romaine lettuce, bacon, cheddar jack cheese, toasted pecans and all-natural cajun chicken breast, with honey mustard dressing

## SMOOTHIES

### BERRY BERRY BLAST 4.29

Blueberries, strawberries, low fat yogurt, orange juice and simple syrup

### STRAWBERRY BANANA BOMB 4.29

Strawberries, banana, low fat yogurt, orange juice and simple syrup

### THE GREEN 5.89

Spinach, banana, avocado, almond milk, simple syrup and protein

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