



SANDWICHES & WRAPS

Served with your choice of side

GODFATHER Ham, salami, pepperoni, provolone, lettuce, tomatoes, hot pepper blend and house vinaigrette, toasted on Ciabatta bread	9.19
CHICKEN CAPRESE All natural freshly roasted chicken breast, tomatoes, mozzarella cheese, fresh basil and balsamic vinaigrette, toasted on Ciabatta bread	9.19
CALIFORNIA TURKEY All-natural turkey breast, avocado, provolone, spinach, tomatoes, and pesto mayo on wheat bread	9.19
TUSCAN CHICKEN All natural freshly roasted chicken breast, organic baby spinach, roasted red peppers, goat cheese, balsamic glaze and basil pesto in a whole wheat wrap	9.19
LITTLE RED ROOSTER All natural freshly roasted chicken breast, ham, bacon, provolone, lettuce, tomatoes, and honey mustard, toasted in a tomato basil wrap	9.19
MEXICALI All natural freshly roasted chicken breast, pepper jack cheese, lettuce, tomatoes, and chipotle mayo toasted on a whole wheat wrap	9.19
SPICY FRANITA All-natural turkey breast with Penny's Spicy Pimento cheese, lettuce, and tomato	9.19
VERY VEGGIE Cucumbers, carrots, green peppers, avocado, organic field greens, tomatoes, provolone, and pesto mayonnaise in a spinach tortilla	7.79
PESTO CHICKEN SALAD All natural freshly roasted chicken tossed with pesto mayo, fresh cilantro and red onion served with lettuce and tomato on toasted wheat bread	7.79
TUNA MELT Tuna salad with melted swiss cheese, tomatoes and red onions, toasted on country sourdough bread	7.79
SPICY PIMIENTO CHEESE A bit of a kick toasted on cranberry-raisin-walnut bread	7.79

QUINOA BOWLS

SONORAN All natural freshly roasted Cajun chicken breast, black beans, avocado, red onions, and tomatoes over quinoa with cilantro lime vinaigrette	8.99
MACCHU All natural freshly roasted chicken breast, goat cheese, tomatoes, sunflower seeds and avocado over quinoa with white balsamic shallot vinaigrette	8.99

*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.

SALADS

MOZZABELLA**	Organic field greens, fresh mozzarella, roasted portobello, tomatoes, roasted red peppers and toasted pecans with balsamic vinaigrette dressing <i>add chicken 2.39</i>	8.99
RED, WHITE & BLUE**	Organic field greens, fresh strawberries & blueberries, toasted walnuts and goat cheese with balsamic vinaigrette dressing <i>add chicken 2.39</i>	8.99
SPINACH*	Organic baby spinach, hard-boiled egg, sliced mushrooms, applewood smoked bacon, all natural freshly roasted chicken breast and sunflower seeds with house vinaigrette dressing	8.99
BLUE COBB	Organic field greens, all natural freshly roasted chicken breast, crumbled blue cheese, tomatoes, cucumbers and applewood smoked bacon with blue cheese dressing	8.99
CAJUN CRUNCH**	Crisp romaine lettuce, applewood smoked bacon, cheddar jack cheese, toasted pecans and all-natural cajun chicken breast with honey mustard dressing	8.99

SMOOTHIES

BERRY BERRY BLAST	Blueberries, strawberries, low fat yogurt, orange juice and simple syrup	4.29
STRAWBERRY BANANA BOMB	Strawberries, banana, low fat yogurt, orange juice and simple syrup	4.29
THE GREEN	Spinach, banana, avocado, almond milk, simple syrup and protein	5.89

SOUPS & SIDES

SOUPS	Broccoli & Cheese, Chicken Noodle or Garden Vegetable	cup 3.79 bowl 4.59
	Turkey Chili or Seasonal	cup 4.79 bowl 5.59
SIDES	Parmesan Ranch Pasta Salad, Fresh Fruit or Deep River Chips	2.19
	Mac n' Cheese	3.79

BREAKFAST WRAPS

Monday – Friday from 7 am – 11 am

FIVE POINTER	scrambled eggs, cheese, bacon, green peppers and tomatoes, flour tortilla	4.79
HUEVOS	scrambled eggs, pepper jack, black beans, salsa and red onions, flour tortilla	4.79
FRESH START	egg whites, organic spinach, swiss and roasted red peppers, whole wheat tortilla	4.79
CREATE YOUR OWN	scrambled eggs or egg whites and your choice of bread, cheese and meat	4.99
	<i>Bread: wheat, sourdough or artisan ciabatta</i>	
	<i>Cheese: cheddar, swiss, or provolone</i>	
	<i>Meat: turkey sausage, pork sausage, ham or bacon</i>	

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