



	Price	Calories		Calories
FRESH FORMED BURGERS			SAUCES & SPREADS	
1/3 lb Fresh Burger	5.69	640	Thai Chili	70
Double-Stack Burger	7.69	980	Garlic Aioli	90
			Salsa	10
SANDWICHES			BBQ Sauce	80
Grilled Chicken	5.89	510	Buffalo Sauce	10
Crispy Chicken	5.89	590	Honey Mustard	40
Cheesesteak	5.99	690	Ketchup	20
1/4 lb Hebrew National Hot Dog	5.29	610	Yellow Mustard	10
			Brown Mustard	20
PREMIUM TOPPINGS +.89 EA			Mayo	200
Bacon		50	Low Fat Mayo	90
Avocado		20		
Guacamole		40	TOPPINGS	
Grilled Spanish Onions		30	Leaf Lettuce	1
Grilled Green Peppers		20	Sliced Red Onions	10
Grilled Mushrooms		30	Sliced Tomatoes	5
Fried Egg		90	Banana Peppers	20
Roasted Red Peppers (1.5 oz)		5	Bread & Butter Pickle Chips	20
Chili (1/4 cup)		30	Dill Pickle Slices	2
			Cucumber Slices (3)	4
French Fries	2.29	340	Baby Spinach (1/4 cup)	10
			Diced Spanish Onion (1 oz)	10
OBC GRILL COMBO	2.59		Hot Pepper Relish	20
			Sliced Jalapeno Peppers	10
LOCAL BREADS				
Corn Dusted kaiser		220		
Whole Wheat		150		
Flatbread		259		
Breadless, served on leaf lettuce		1		
CHEESE				
American		50		
Provolone		80		
Cheddar		60		
Pepper Jack		50		
Swiss		50		

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



	PRICE	CALORIES
BEGIN WITH RICE OR NOODLES	\$5.99	
Udon, Ramen Noodles or Steamed Rice		100-200
 ADD A PROTEIN		
Honey Glazed Tofu		50
Thit Nuong (grilled marinated pork)		170
Fragrant Lemongrass Grilled Chicken		250
Korean Grilled Flank Steak		180
Add Extra Protein \$1.99	\$1.99	
 PICK YOUR ADD-INS		
Julienned Carrots		15
Napa Cabbage		20
Sliced Mushrooms		15
Fresh Jalapeños		15
Red Bell Peppers		15
Broccoli Florets		20
Water Chestnuts		60
Cage Free Hard Boiled Eggs		45
Ginger		9
Fresh Cilantro		8
 CHOOSE YOUR SAUCE		30
Asian Citrus Glaze		180
Teriyaki Sauce		120
General Tsao's Sauce		80
Lemongrass Pho		

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



		Price	Calories
The Lombardi	Breaded Chicken Cutlet, Fresh Mozzarella, Roasted Peppers, Sun-Dried Tomato Puree	\$ 7.09	630
The All American	Two Meats and One Cheese	\$ 7.39	670
By Land or Sea	Homemade chicken or Tuna Salad with Choice of Cheese	\$ 7.09	
	Chicken Salad		400
	Tuna		360
The Rochester	Slow cooked Roast Beef, Cheddar Cheese, Horseradish Sauce	\$ 7.39	520
The Uncle Charlie	Slow Cooked Roast Beef, Rotisserie Turkey, Swiss Cheese, Cole Slaw, Russian Dressing	\$ 7.39	610
Balsamic Chicken Wrap	Italian Seasoned Chicken, Mozzarella Cheese, Roasted Peppers, Balsamic Dressing	\$ 7.29	610
Caprese Sandwich	Fresh Mozzarella, Sliced Tomatoes, Basil Pesto, Balsamic Dressing	\$ 6.29	610
Grilled Chicken Caesar	Italian Seasoned Chicken, Shaved Parmesan Cheese, Creamy Caesar Dressing	\$ 7.09	840
Buffalo Chicken Sandwich	Buffalo chicken, Pepper Jack Cheese, Bleu Cheese Dressing, Hot Sauce	\$ 7.29	480
Turkey Club	Rotisserie Turkey, Swiss Cheese, Bacon	\$ 7.49	540
Egg Salad	Homemade egg salad with lettuce and tomatoes	\$ 3.99	300
	Extras:		
	(3) Mozzarella	\$ 1.69	160
	2 slices of Bacon	\$ 0.79	100
	1 Slice of Cheese	\$ 0.59	50-80
	Hot Peppers	\$ 0.59	10
	2 oz Italian Roasted Chicken	\$ 1.99	60
	Breads		
	Vienna Marble Rye		240
	Pumpernickel		220
	Dusted White		240
	Wheat		240
	Multi grain		260
	Sour Dough		300
	Whole Wheat Grinder		320
	Wheat Wrap		240
	White Wrap		270
	Spinach Wrap		270
	Tomato Basil Wrap		270
	Gluten Free Tortilla		210
	Gluten Free White Bread		230

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

slice+LIFE

Slice of Cheese		\$ 2.49	337
Slice of Pepperoni		\$ 2.99	415
Cheese Bread Sticks (four)		\$ 2.39	532
Hot Spice Italian Sandwich	Ham, salami and pepperoni, provolone cheese toasted then finished with lettuce, tomato and Italian dressing. Served on a oven toasted bun	\$ 6.39	665
Chicken Parmesan Sandwich	Breaded with meat chicken tenders, our California based pasta sauce, sautéed peppers and onions, Parmesan cheese. Served on a oven toasted Italian roll.	\$ 6.89	489
Meatball Sandwich	Meatballs simmered in pasta sauce, sautéed peppers and onions, covered with Parmesan cheese. Serve on a oven toasted Italian roll.	\$ 6.39	630
Make Your Own Flatbread	Choose up to three toppings and one sauce/spread	\$ 8.59	520
Gluten Free Pizza	with Marinara and up to three toppings	\$ 8.59	100

TOPPING

Zucchini	9
Broccoli	19
Baby Spinach	13
Tomato	9
Eggplant	4
Mushrooms	12
Artichoke Hearts	106
Red Onion	24
Black Olives	35
Fresh Mozzarella	500
Feta Cheese	149

SAUCE OR SPREAD

Garlic and Olive Oil	227
Garlic & Herb	130
Red Pepper Pesto	210
Sundried Tomato Pesto	128
Marinara	96

IN A BOWL

Spaghetti and Meatballs	Spaghetti topped with meatballs simmered in marinara sauce topped with toasted Parmesan cheese. Served with a breadstick.	\$ 5.19	652
Baked Chicken Penne	Baked breaded white meat chicken with marinara sauce and penne pasta covered with Parmesan cheese.	\$ 5.39	489
Bake Vegetable Ziti	Ziti pasta , sautéed, fresh vegetable mixed with marinara sauce and topped with Parmesan cheese. Served with breadsticks.	\$ 4.89	473

16" WHOLE PIZZA

	Cal./Slice
Cheese	\$ 14.39 337
Mushroom and Pepper	\$ 15.39 415
Pepperoni	\$ 15.39 340
Veggie	\$ 15.39 290
Pepperoni, Ham, Salami	\$ 15.39 400

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Additional nutritional information available upon request.