

# SEASONS

@ the Bistro - Awaken the freshness & flavors of spring

## Sandwiches & Paninis

Make two Healthy Choice Sides For A Swap

**Carrot Sticks**

**Side Salad**

**Yoplait Yogurt**

**Whole Fruit**

**12oz Seattle's Best Coffee**

**Quaker Chewy Bar**

**Coke Freestyle Fountain Beverage**

**Swap Carton Orange Juice or Milk**

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

Grilled Chicken BBQ with Red Onions   \$6.29 350c

Grilled Chicken Breast, BBQ Sauce, Red Onion, Red Leaf Lettuce, Roasted Sweet Potato & Chipotle Mayo on Multigrain Flatbread

Monte Panini   \$6.29 570c

Hot Ham, Turkey and Swiss Cheese Sandwich on Natural Grain French Toast and Drizzled with Syrup

Roast Beef Panini with Horseradish  \$6.49 560c

Roast Beef, Caramelized Onions, Pepper Jack and Horseradish Cream Spread, Grilled on Italian Bread

Caprese Panini   \$6.19 430c

Fresh Mozzarella, House Made Pesto and Tomato on Grilled Focaccia

Grilled Hummus Baguette   \$5.99 370c

Spicy Hummus, Cucumber Sliced and Roasted Red Peppers on a Grilled Baguette

Combo Chips/Beverage \$2.89 280c



# Salads

Before placing your order, please inform your server if a person in your party has a food allergy.

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Apple Cheddar Walnut Salad	SW Swappable	V	NUTS!	\$5.89	500c
Fall Green Tossed with Cheddar, Granny Smith Apples, Toasted Walnuts & Dried Cranberries, in Dijon Cider Vinaigrette					
Caesar Salad	SW Swappable	V		\$5.59	250c
Crisp Romaine Lettuce Tossed with Caesar Dressing, Parmesan Cheese and Croutons					
Vegetarian Cobb Salad	SW Swappable	V		\$5.79	420c
Chopped Romaine Tossed with Sweet Potatoes, Eggs, Cucumbers, Corn, Tomatoes, Avocado, Peas, Onions and Ranch Dressing					
Garden Salad	SW Swappable	VG		\$5.39	80c
Mixed Greens with Fresh Tomato, Cucumber, Carrots, Sweet Bell Pepper & Black Olives					
Caprese & Tuscan White Bean Salad	SW Swappable	V		\$5.69	280c
Flavorful Layers of Tomato, Fresh Mozzarella & Basil Drizzled with Balsamic Vinaigrette served with White Bean Salad					
Big Fiesta Salad	SW Swappable	V		\$5.79	490c
Roasted Corn and Black Beans over a Bed of Fresh Greens, Topped with Cheddar, Salsa and Ranch Dressing					
Add Grilled Chicken to any Salad				\$2.09	150c
Chicken is available for a <b>SWAP</b> , as a side item on all salads at Seasons Only					