**SANDWICHES**

All sandwiches can be prepared on panini, spinach wrap, or gluten-free bread (+$1.00 for gluten-free bread).

**PICK 2: SANDWICH/WRAP AND SOUP OR SALAD FOR $9.99**

- **Chicken Parmesan** $7.99
  Italian-breaded chicken breast topped with marinara and mozzarella cheese 850 Cal

- **Chipotle Chicken Avocado** $7.99
  Pulled chicken, chipotle spread, red peppers, mozzarella cheese, and fresh avocado 400 Cal

- **Turkey Avocado BLT** $7.49
  Red leaf lettuce, chipotle mayo, monterrey jack cheese, and roasted turkey breast 400 Cal

- **Philly-Style Cheese Steak** $8.49
  Beef sautéed with onions and topped with American cheese 410 Cal

- **Mediterranean Veggie** $6.99
  Sautéed peppers, onion, zucchini, mushrooms, carrots, hummus spread, and balsamic glaze 320 Cal

- **Vegetarian**
- **Vegan**
- **Healthy TU**

**SANDWICHES AND SOUPS**

All sandwiches can be prepared on panini, spinach wrap, or gluten-free bread (+$1.00 for gluten-free bread).

**PICK 2: SANDWICH/WRAP AND SOUP OR SALAD FOR $9.99**

- **Chicken Salad** $5.99
  House-made chicken salad with chicken, mayonnaise, celery, lettuce, and tomatoes 450 Cal

- **Tuna Salad** $5.99
  Tuna, mayonnaise, lemon juice, celery, lettuce, and tomatoes 400 Cal

- **Four Cheese Grilled Cheese** $4.99
  Cheddar, smoked gouda, mozzarella, and provolone 610 Cal

- **Chicken Orzo Soup** $2.99
  Pulled chicken, orzo, tomatoes, spinach, corn, green beans, zucchini and fresh thyme 110 Cal

- **Tomato Basil Soup** $2.99
  Fresh tomatoes, carrots, celery, onion, and garlic 113 Cal

- **Seasonal Soup** $2.99
  Rotating variety of house-made soup

- **Vegetarian**
- **Vegan**
- **Healthy TU**

**SALADS & DESSERTS**

**HAPPY HOUR FROM 3 PM - 5 PM SOUP AND SALAD COMBO FOR $4**

- **Macaroni Salad** $2.99
  Elbow macaroni with celery, green onions, red peppers, and pickle relish in a creamy salad dressing 240 Cal

- **Mediterranean Penne Pasta Salad** $2.99
  Penne, baby spinach, sundried tomatoes, artichoke hearts, oregano, and balsamic vinaigrette 240 Cal

- **Kale Quinoa Salad** $2.99
  Kale, quinoa, lemon juice, olive oil, garlic and mustard dressing 291 Cal

- **Caprese Salad** $2.99
  Fresh mozzarella, tomato, basil, and balsamic vinegar 240 Cal

- **Chicken or Tuna Salad** $2.99
  Served with crackers 180 Cal

- **Strawberry Short Cake** $2.99
  Vanilla cake, vanilla mousse, fresh strawberries, and whipped topping 150 Cal

- **Peanut Butter Tiramisu** $2.99
  Peanut butter mousse, graham cracker crumb, vanilla mousse, cocoa powder, and whipped topping 230 Cal

- **S’Mores Melt** $2.99
  Panini bread spread with Nutella, marshmellows, and graham cracker crumbs 250 Cal

- **Vegetarian**
- **Vegan**
- **Healthy TU**