Week 1

Roasted Vegetable Sandwich on Ciabatta $5.49
with Roasted Veggies in a Light Balsamic Dressing and a Vegan Nut Free Pesto Sauce
CAL 470 Contains Gluten ✓ VG

Italian Sub $5.99
Capicola, Ham, Salami, Provolone, Lettuce, Tomato & Sub Dressing on a Hoagie Roll
CAL 460 Contains Dairy, Pork, Gluten

Sandwiches

Fired Roasted Vegetable Pizza $5.19
CAL 630 Contains Dairy, Gluten ✓

Smoke House Chicken Pizza $5.19
CAL 700 Contains Dairy, Gluten, Pork ✓

Buffalo Chicken Pizza $5.19
CAL 660 Contains Dairy, Gluten ✓

Cheese Deep Dish Pizza $5.19
CAL 500 Contains Dairy, Gluten ✓

Peperoni, Sausage, Bacon Deep Dish Pizza $5.19
CAL 640 Contains Dairy, Gluten, Pork ✓

House-Made Pizza

Smoked Gouda Mac & Cheese with Bacon Lardons
Large: $5.19 | Small: $2.99
CAL 350-700 Contains Dairy, Gluten, Pork ✓

Tortellini with Pesto or Marinara
Large: $7.49 | Small: $4.19
CAL 180-360 Contains Dairy, Gluten ✓

Pasta

Add Extra Meat
Bacon $0.99 CAL 35
Grilled chicken $1.99 CAL 60

Fire Roasted Seasonal Vegetables $1.99
CAL 60 ✓

Caesar Salad $1.99
CAL 60 Contains Dairy, Gluten ✓

Caprese Salad $1.99
CAL 90 Contains Dairy ✓

House-Made Focaccia Sticks with Marinara $1.99
CAL 350-410 Contains Dairy, Gluten ✓

Salads & Sides

Fountain Beverages
(16oz) $1.79
(20oz) $2.19

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.
Week 2

**Sandwiches**

**Grilled Basil Tofu Sandwich on Ciabatta Roll** $5.49
Basil Marinated Tofu, Grilled and Served on a Toasted Ciabatta Roll with Lettuce and Tomato
CAL 425 Contains Gluten

**Meatball Sub** $5.99
Freshly Made Italian Meatballs Served with Vine Ripened Tomato Sauce on a Hoagie Roll
CAL 630 Contains Gluten, Dairy

**Fired Roasted Vegetable Pizza** $5.19
CAL 630 Contains Dairy, Gluten

**Smoke House Chicken Pizza** $5.19
CAL 700 Contains Dairy, Gluten, Pork

**Buffalo Chicken Pizza** $5.19
CAL 660 Contains Dairy, Gluten

**Cheese Deep Dish Pizza** $5.19
CAL 500 Contains Dairy, Gluten

**Pepperoni, Sausage, Bacon Deep Dish Pizza** $5.19
CAL 640 Contains Dairy, Gluten, Pork

**House-Made Pizza**

**Fountain Beverages**
(16oz) $1.79 (20oz) $2.19

**Pasta**

**Smoked Gouda Mac & Cheese with Bacon Lardons**
Large: $5.19 | Small: $2.99
CAL 350-700 Contains Dairy, Gluten, Pork

**Tortellini with Pesto or Marinara**
Large: $7.49 | Small: $4.19
CAL 180-360 Contains Dairy, Gluten

Add Extra Meat
Bacon $0.99  CAL 35
Grilled Chicken $1.99  CAL 60

**Salads & Sides**

**Fire Roasted Seasonal Vegetables** $1.99
CAL 60

**Caesar Salad** $1.99
CAL 60 Contains Dairy, Gluten

**Caprese Salad** $1.99
CAL 90 Contains Dairy

**House-Made Focaccia Sticks with Marinara** $1.99
CAL 350-410 Contains Dairy, Gluten

*2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.*