Roasted Vegetable Hummus Wrap
6.99 | 660 Cal
Broccoli, Eggplant and Cremini Mushrooms are roasted and topped with Feta Cheese, Lettuce, and Creamy Hummus. Served on a Baguette.

Muffaletta Sandwich
7.99 | 770 Cal
Genoa Salami, Soppressata Ham, Prosciutto, Mortadella, Hickory-Smoked Ham, and Provolone Cheese. Served on an artisan Ciabatta Bread.

DAILY SPECIALS

WITH YOUR CHOICE OF SOUP OR SIDE

MONDAY: Pan Seared Chicken Breast with Asparagus
Juice Seared Chicken topped with a Leek and Dried-Cranberry Cream Sauce. Served with Risotto and Roasted Asparagus. 8.99 | 680 Cal

TUESDAY: East Meets West Brisket with Asian Slaw
Juicy Beef Brisket marinated with Chinese Five-Spice, Sugar, Soy Sauce, Honey, and Sriracha. Served with Jasmine Rice and a side of Asian Slaw. 7.99 | 380 Cal

WEDNESDAY: Smokey Jerk Pork with Mango Salad
Enjoy a Juicy Pork Tenderloin rubbed with Jamaica Jerk Spices, topped with a Sweet and Spicy Mango Salsa and served with Red Potatoes. 6.99 | 220 Cal

THURSDAY: Grilled Shrimp over Couscous and Corn Salad
Grilled marinated Shrimp with Corn and Couscous Salad topped with Pickled Shallots and Lemon-Oregano Vinaigrette. 7.39 | 370 Cal

FRIDAY: Chicken Paprikash
Chicken simmered in a rich Paprika-Infused Broth, along with Garlic, Onions, Peppers, and Tomatoes. Served with Pierogis and Cabbage. 7.99 | 940 Cal

FEATURED ENTRÉES

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

**Lone Star Chicken Panini**
Grilled Chicken Breast, Turkey Bacon, Tomato, Black Beans, Cheddar Jack Cheese & Ancho Chipotle Sauce
$6.79 680 CAL

**BBQ Chicken Panini**
Grilled Chicken Breast, Brown Rice, Black Beans, Scallions & BBQ Sauce
$6.79 490 CAL

**Thai Chicken Panini**
Grilled Chicken Breast, Spinach, Brown Rice, Scallions, Peanuts & Thai Peanut Sauce
$6.79 520 CAL

**Tuscan Chicken Panini**
Grilled Chicken Breast, Mozzarella Cheese, Red Onion, Sun-Dried Tomatoes, Basil & Pesto Sauce
$6.79 540 CAL

**Apollo Panini**
Artichoke Hearts, Mushrooms, Basil, Mozzarella Cheese & Creamy Pesto Sauce
$6.79 440 CAL

**Buffalo Panini**
Grilled Chicken Breast, Cheddar Jack Cheese, Celery, Blue Cheese Dressing & Frank’s Buffalo Wing Sauce
$6.79 600 CAL

**Texas Café Panini**
Grilled Chicken Breast, Guacamole, Sour Cream, Brown Rice, Cheddar Jack Cheese & Salsa
$6.79 680 CAL

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Rice Bowls

Mongolian Veggie
Brown Rice topped with Roasted Red Peppers, Broccoli, Carrots, Green Peppers, Scallions & Teriyaki Sauce
$6.69
630 CAL

Chicken Fajita
Grilled Chicken Breast over Brown Rice topped with Green Pepper, Red Onion, Cheddar Jack Cheese & Salsa
$6.99
750 CAL

Southwest Veggie
Black Beans over Brown Rice topped with Tomato, Green Pepper, Scallions, Cheddar Jack Cheese & Salsa
$6.69
810 CAL

Asian Chicken & Broccoli
Grilled Chicken Breast and Broccoli over Brown Rice topped with Mushrooms, Shredded Carrots, Scallions & Teriyaki Sauce
$6.99
690 CAL

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QUESADILLAS

Buffalo Quesadilla
Grilled Chicken Breast, Red Onion, Celery, Cheddar Jack Cheese, Light Sour Cream & Buffalo Wing Sauce

California Quesadilla
Guacamole, Onion, Mushrooms, Sour Cream, Cheddar Jack Cheese & Salsa

Chicken Fajita Quesadilla
Grilled Chicken Breast, Peppers, Onion, Cheddar Jack Cheese & Salsa

Fiji Chicken Quesadilla
Grilled Chicken Breast, Roasted Red Peppers, Pineapple, Corn, Peanut, Cheddar Jack Cheese & Thai Peanut Sauce

Brazilian Quesadilla
Grilled Chicken Breast, Tomato, Red Onions, Cheddar Jack Cheese & Brazilian Sauce topped with Fajita Seasoning

$6.79
510 CAL

V

Contains Nuts

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Limited Time Offer

Spinach, Ham & Swiss Panini

Baby Spinach, Ham, Swiss Cheese, Fresh Basil and out Signature Brazilian Sauce on Toasted Flatbread

$6.79
550CAL
<table>
<thead>
<tr>
<th></th>
<th>Description</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Grilled Flatbread</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Spinach &amp; Bacon</strong></td>
<td>Spinach, Crumbled Bacon &amp; Feta Cheese over Mozzarella Cheese &amp; Creamy Pesto Sauce</td>
<td>$6.79</td>
<td>660 CAL</td>
</tr>
<tr>
<td><strong>Pesto Chicken</strong></td>
<td>Grilled Chicken, Roasted Red Peppers &amp; Tomato over Mozzarella Cheese &amp; Creamy Pesto Sauce</td>
<td>$6.79</td>
<td>450 CAL</td>
</tr>
<tr>
<td><strong>Chicken Fajita</strong></td>
<td>Grilled Chicken, Green Peppers &amp; Red Onion over Cheddar Jack Cheese &amp; Salsa</td>
<td>$6.79</td>
<td>520 CAL</td>
</tr>
<tr>
<td><strong>Margherita</strong></td>
<td>Tomato &amp; Basil over Mozzarella Cheese &amp; Tomato Sauce</td>
<td>$6.79</td>
<td>360 CAL</td>
</tr>
</tbody>
</table>

Brazilian Chicken
Grilled Chicken over Mozzarella Cheese & Brazilian Sauce
Buffalo Chicken
Grilled Chicken over Mozzarella Cheese & Buffalo Sauce

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## Rustic Flatbread Pizzas

<table>
<thead>
<tr>
<th>Pizza</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cheese &amp; Pepperoni</strong></td>
<td>$7.99</td>
<td>530 CAL</td>
</tr>
<tr>
<td>Tomato Sauce &amp; Mozzarella Cheese topped with Pepperoni</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>BBQ Chicken &amp; Scallions</strong></td>
<td>$7.99</td>
<td>650 CAL</td>
</tr>
<tr>
<td>BBQ Sauce &amp; Mozzarella Cheese topped with Grilled Chicken Breast &amp; Scallions</td>
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<td></td>
</tr>
<tr>
<td><strong>Chicken Parmesan</strong></td>
<td>$7.99</td>
<td>710 CAL</td>
</tr>
<tr>
<td>Tomato Sauce &amp; Mozzarella Cheese topped with Breaded Chicken Breast &amp; Parmesan Cheese</td>
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<td></td>
</tr>
<tr>
<td><strong>Spinach &amp; Artichoke</strong></td>
<td>$7.99</td>
<td>760 CAL</td>
</tr>
<tr>
<td>Creamy Pesto &amp; Mozzarella Cheese topped with Baby Spinach, Artichoke Hearts, Scallions &amp; Feta Cheese</td>
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<td></td>
</tr>
<tr>
<td><strong>Cheese</strong></td>
<td>$6.99</td>
<td>370 CAL</td>
</tr>
<tr>
<td>Tomato Sauce, Mozzarella Cheese</td>
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</tbody>
</table>

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Turkey Club
Lettuce, Tomato, Turkey, Bacon & Ranch Dressing

Chicken Club
Lettuce, Tomato, Grilled Chicken Breast, Bacon & Ranch Dressing

Veggie Ranch
Lettuce, Tomato, Cucumber, Red Onion, Roasted Red Peppers & Ranch Dressing

Hummus Wrap
Hummus, Lettuce, Tomato & Cucumber

Please note that while these menu items are made with gluten free ingredients, there is the potential for cross contamination with the gluten in this kitchen. Please see a manager with questions or concerns.

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Entrées

One Entrée 5.95 | Two Entrées 6.95 | Sampler 7.95

Entrées

Thai Chicken Curry 290 cal (Served M, W, F)
Pork Vindaloo 160 cal (Served Tu)
Chicken Vindaloo 256 cal (Served Tu)
Chicken Tikka Masala 353 cal (Served Th)

Vegetarian Entrées

One Offered Each Day

Palak Paneer 180 cal
Lemony Lentil 110 cal
Musaman Vegetable 240 cal
Chili Roasted Vegetables 194 cal

Entrées served with choice of rice

Basmati 150 cal | Sweet Sticky 221 cal
Thai Fried Rice 300 cal

Vegetable Stir-Fry 122 cal (Served Daily)
<table>
<thead>
<tr>
<th>Daily Specials</th>
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<tbody>
<tr>
<td><strong>Pad Thai</strong></td>
</tr>
<tr>
<td>Rice Noodle and Vegetable Stir-Fry</td>
</tr>
<tr>
<td>Mild (0-3), Med (4-5), Hot (6-8), Hot+ (9-10+)</td>
</tr>
<tr>
<td>Vegetarian</td>
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<tr>
<td>W/ Chicken</td>
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<tr>
<td>$8.19</td>
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<tr>
<td>820 cal</td>
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<tr>
<td>960 cal</td>
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<table>
<thead>
<tr>
<th><strong>Thai Peanut Noodle</strong></th>
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</thead>
<tbody>
<tr>
<td>W/ Stir-Fry Vegetables</td>
</tr>
<tr>
<td>W/ Chicken Satay &amp; Peanut Sauce</td>
</tr>
<tr>
<td>340 cal</td>
</tr>
<tr>
<td>$6.95</td>
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<tr>
<td>$8.19</td>
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<tr>
<th><strong>Cold Drinks</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>Mango Lassi</strong></td>
</tr>
<tr>
<td>$3.75</td>
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<tr>
<td><strong>Thai Iced Tea</strong></td>
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<tr>
<td>$2.75</td>
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<thead>
<tr>
<th><strong>Street Dishes</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>Pakora Small</strong></td>
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<tr>
<td>$2.49</td>
</tr>
<tr>
<td><strong>Pakora Large</strong></td>
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<tr>
<td>$4.29</td>
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<tr>
<td><strong>Fried Pork Dumplings</strong></td>
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<tr>
<td>3/$2.00</td>
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</tbody>
</table>

**Nana’s Rice Pudding** $1.49  
Michael’s grandmothers recipe