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.

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

SERVED WITH A BREADSTICK 7.99

BUFFALO CHICKEN (270 CAL)
Crispy Buffalo Chicken, Cheddar Cheese, Carrot, Celery, Tomatoes, Cucumbers and Croutons. Served on a bed of Mixed Greens.

CHICKEN CAESAR (330 CAL)
Crisp Romaine Lettuce Tossed with Garlic Chicken, Caesar Dressing, Shredded Parmesan and Croutons. Without Chicken 5.99 | 190 Cal.

SOUTHWEST CHICKEN (480 CAL)
Tasty Chicken Caesar Salad with Roasted Corn and Red Pepper, Pepper Jack Cheese, Topped with Crunchy Tortilla Strips

ANTIPASTO (540 CAL)
Romaine Lettuce, Capicola Ham, Genoa Salami, Pepperoncini, Artichoke Heart, Black Olives, Mozzarella, Parmesan Cheese, and Tomatoes

SALAD WRAPS

SERVED IN CHOICE OF REGULAR, WHEAT OR FLAVORED WRAP. SERVED WITH CHOICE OF SOUP OR SIDE.

6.99

GRILLED VEGETABLE HUMMUS (400 CAL)
Balsamic Grilled Vegetables, Lettuce, Tomato & Creamy Hummus in a Tortilla Wrap

TUNA SALAD (350 CAL)
Traditional Tuna Salad with American Cheese, Lettuce and Tomato in a Flour Tortilla

ASIAN CHICKEN (520 CAL)
Tasty Teriyaki Chicken Wrap with Mongolian BBQ, Crispy Noodles, Romaine, Carrots, and Fresh Scallion & Cilantro

MEDITERRANEAN TURKEY & FETA (470 CAL)
Roasted Turkey, Baby Spinach, Feta Cheese, Roasted Red Peppers and a Layer of Olive Tapenade in a Whole Wheat Tortilla

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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

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

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

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

Contains Nuts

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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

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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
550 CAL
Grilled Flatbread

**Spinach & Bacon**
Spinach, Crumbled Bacon & Feta Cheese over Mozzarella Cheese & Creamy Pesto Sauce
$6.79 660 CAL

**Pesto Chicken**
Grilled Chicken, Roasted Red Peppers & Tomato over Mozzarella Cheese & Creamy Pesto Sauce
$6.79 450 CAL

**Brazilian Chicken**
Grilled Chicken over Mozzarella Cheese & Brazilian Sauce
$6.79 510 CAL

**Buffalo Chicken**
Grilled Chicken over Mozzarella Cheese & Buffalo Sauce
$6.79 420 CAL

**Chicken Fajita**
Grilled Chicken, Green Peppers & Red Onion over Cheddar Jack Cheese & Salsa
$6.79 520 CAL

**Margherita**
Tomato & Basil over Mozzarella Cheese & Tomato Sauce
$6.79 360 CAL

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Rustic Flatbread Pizzas

- **BBQ Chicken & Scallions**: BBQ Sauce & Mozzarella Cheese topped with Grilled Chicken Breast & Scallions. $7.99
- **Chicken Parmesan**: Tomato Sauce & Mozzarella Cheese topped with Breaded Chicken Breast & Parmesan Cheese. $7.99
- **Spinach & Artichoke**: Creamy Pesto & Mozzarella Cheese topped with Baby Spinach, Artichoke Hearts, Scallions & Feta Cheese. $7.99
- **Cheese & Pepperoni**: Tomato Sauce & Mozzarella Cheese topped with Pepperoni. $7.99
- **Cheese**: Tomato Sauce, Mozzarella Cheese. $6.99

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10” Gluten Free Flatbread

**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

<table>
<thead>
<tr>
<th>Entrées</th>
<th>Calories</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thai Chicken Curry</td>
<td>290 cal</td>
<td>(Served M, W, F)</td>
</tr>
<tr>
<td>Pork Vindaloo</td>
<td>160 cal</td>
<td>(Served Tu)</td>
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<tr>
<td>Chicken Vindaloo</td>
<td>256 cal</td>
<td>(Served Tu)</td>
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<tr>
<td>Chicken Tikka Masala</td>
<td>353 cal</td>
<td>(Served Th)</td>
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**Entrées served with choice of rice**

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

## Vegetarian Entrées

One Offered Each Day

<table>
<thead>
<tr>
<th>Vegetarian Entrées</th>
<th>Calories</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Palak Paneer</td>
<td>180 cal</td>
<td>Rasam 160 cal</td>
</tr>
<tr>
<td>Lemony Lentil</td>
<td>110 cal</td>
<td>Sambar 154 cal</td>
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<tr>
<td>Musaman Vegetable</td>
<td>240 cal</td>
<td>Chick Pea 175 cal</td>
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<tr>
<td>Chili Roasted Vegetables</td>
<td>194 cal</td>
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</tr>
<tr>
<td>Vegetable Stir-Fry</td>
<td>122 cal</td>
<td>(Served Daily)</td>
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<tr>
<td>Cold Drinks</td>
<td>Street Dishes</td>
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<tr>
<td>Mango Lassi</td>
<td>Pakora Small</td>
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<tr>
<td>$3.75</td>
<td>138 cal</td>
<td>$2.49</td>
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<tr>
<td>Thai Iced Tea</td>
<td>Pakora Large</td>
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<tr>
<td>$2.75</td>
<td>184 cal</td>
<td>$4.29</td>
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<tr>
<td></td>
<td>Fried Pork Dumplings</td>
<td>3/$2.00</td>
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<tr>
<td>Pad Thai</td>
<td>Thai Peanut Noodle</td>
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<tr>
<td>$8.19</td>
<td>W/ Stir-Fry Vegetables</td>
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</tr>
<tr>
<td>Rice Noodle and Vegetable Stir-Fry</td>
<td>$340 cal</td>
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<tr>
<td>Mild (0-3), Med (4-5), Hot (6-8),</td>
<td>$6.95</td>
<td>122 cal</td>
</tr>
<tr>
<td>Hot+ (9-10+)</td>
<td>W/ Chicken Satay &amp; Peanut Sauce</td>
<td>$8.19</td>
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<tr>
<td>Vegetarian</td>
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</tr>
<tr>
<td>820 cal</td>
<td>Nana’s Rice Pudding $1.49</td>
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<tr>
<td>W/ Chicken</td>
<td>Michael’s grandmothers recipe</td>
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<tr>
<td>960 cal</td>
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