

Signature Salads

Large - \$ 5.29

Small - \$ 3.29

Beef Taco Salad - on a crispy bed of lettuce topped with your choice of fresh veggies

Cajun Grilled Chicken Salad - on a crispy bed of lettuce topped with your choice of fresh veggies

Trio Salad - Turkey, Roast Beef & Ham on a crispy bed of lettuce topped with your choice of fresh veggies

Chicken Salad - famous chicken salad served over a bed of crispy lettuce and topped with your choice of fresh veggies

Chef's Salad - fresh greens, cucumbers, tomatoes, ham turkey, cheddar

Grilled Chicken Club Salad - grilled chicken, bacon & pepper jack cheese on a crispy bed of lettuce & veggies

BLT Salad - bacon & tomatoes on a crispy bed of lettuce topped with your choice of fresh veggies

Garden Salad - crispy bed of lettuce topped with your choice of fresh veggies - \$2.99 or \$4.99

Build your own Sandwich or Wrap

Just the way you LOVE it!!

Let us know how to build it your way. . .

Home-style Breads

Rye
Sourdough
Wheatberry
White
Croissant

Gourmet Deli Meats

Oven Roasted Turkey Breast
Honey Buffet Ham
Oven Roast Beef
Salami
Meatloaf
BBQ
Grilled Chicken / wraps

The Cheese Shoppe

Baby Swiss
Colby Jack
Provolone
American
Pepper Jack
Cheddar - shredded

Tortilla

Honey Wheat
Herb & Garlic
Spinach

Fresh Veggies

Lettuce
Tomato
Shredded Carrots
Banana Peppers
Red Onion
Black Olives
Spinach Leaves
Cucumber
Pickles
Green & Red Peppers

Spice it UP!

Mayo
Miracle Whip - lite
Horsey Mayo
Ranch
Fat Free Ranch
Honey Mustard
Yellow Mustard
Spicy Brown Mustard
Ketchup
Italian
Thousand Island
FF Honey Mustard
Red Wine Vinaigrette
FF French

Fresh Salads

Chicken Salad
Tuna Salad
Ham Salad

Sides

\$0.79

Cottage Cheese
Potato Salad
Cole Slaw
Potato Chips - Reg/baked
Carrot Sticks



Signature Sandwiches

Whole - \$ 5.29 Half - \$ 3.29

Hot Ham & Swiss - Honey Roasted Ham, Swiss Cheese, lettuce & tomato toasted on your choice of bread

Trio - Turkey, Roast Beef, Ham, Colby Jack & Swiss, lettuce, tomato, honey mustard, mayo on toasted Wheatberry bread

Turkey Bacon Swiss - Turkey Breast, bacon, Swiss cheese, lettuce & tomato on your choice of bread

Chicken Salad Croissant - chicken salad, Colby Jack, lettuce & tomatoe on a toasted croissant

Beef & Cheddar - Roast Beef with Cheddar cheese, lettuce & tomato on your choice of bread

Tuna Melt - Tuna Salad, lettuce & tomato, your choice of cheese and bread, perfectly toasted

Club - Turkey, ham or roast beef, with bacon, lettuce & tomato on your choice of bread

Double Meat - \$1.00



Signature Wraps

Beef Taco Wrap - Beef taco meet, lettuce, tomato, onion, sour cream & salsa

Chicken Bacon Ranch - grilled chicken, bacon, ranch dressing & choice veggies on a Honey Wheat tortilla

Ham or Turkey Melt - Ham or Turkey, bacon, cheese & veggies, honey mustard toasted in your favorite wrap

BLT Chicken Salad - Bacon, lettuce, tomato, chicken salad & Colby Jack Cheese on your favorite wrap

Trio - Turkey, bacon, ham, Cheddar cheese, Swiss, lettuce & tomato, honey mustard & mayo on your favorite wrap

Roast Beef Melt - Roast beef, bacon, choice of cheese & veggies, honey mustard or ranch on your favorite wrap



Biggest Loser Lunches

Chicken Turkey Bacon Ranch Wrap - Whole wheat tortilla, grilled chicken, turkey bacon, ff ranch & veggies.

Calories: 263.7 * Total fat: 6.5g * Colesteral: 45.3mg * Sodium: 933.4mg * Total carbs: 31.8g * Dietary fiber: 4.4g * Protein: 19.5g

Grilled Chicken Salad - Grilled chicken on a bed of crispy lettuce topped with your choice of fresh veggies

Calories: 254.1 * Total fat: 11.3g * Colesteral: 79.3mg * Sodium: 323.7mg * Total carbs: 10g * Dietary fiber: 2.6g * Protein: 28.6g

Cajun Grilled Chicken Salad - Cajun Grilled chicken on a bed of crispy lettuce topped with choice of fresh veggies

Calories: 254.1 * Total fat: 11.3g * Colesteral: 79.3mg * Sodium: 323.7mg * Total carbs: 10g * Dietary fiber: 2.6g * Protein: 28.6g

Cajun Grilled Chicken Wrap - Cajun Grilled chicken on a whole wheat tortilla topped with choice of fresh veggies

Calories: 250.7 * Total fat: 4.6g * Colesteral: 49.3mg * Sodium: 461.1mg * Total carbs: 29.9g * Dietary fiber: 5.2g * Protein: 24.6g

Turkey Wrap - Whole wheat tortilla, turkey breast, your choice of low fat or fat free dressing & veggies

Calories: 193.5 * Total fat: 6.7g * Colesteral: 9.0mg * Sodium: 872.8mg * Total carbs: 26.8g * Dietary fiber: 4.0g * Protein: 8.7g

Roast Beef & FF Cheese on Rye - Roast Beef, fat free cheese on toasted Rye

Calories: 213.2 * Total fat: 3.2g * Colesteral: 27.2mg * Sodium: 1307mg * Total carbs: 19.7g * Dietary fiber: 1.9g * Protein: 23.7g

Nutritional facts are for 1/2 portions

Breakfast

Breakfast Sandwich - choice of bread with choice meat, egg & cheese (add \$.25) - **whole - \$3.49 half - \$2.49**

Breakfast Burrito - choice of wrap, meat, veggies, egg and cheese - **whole - \$3.49 half - \$2.49**

Biscuits & Gravy - large order = 2 biscuits & gravy - **\$2.99** / small order = 1 biscuit & gravy - **\$1.99**

Breakfast sides

Bacon or Sausage - \$ 1.29

Muffin - Jumbo - \$1.69 - 4 minis - \$1.29

Bagel, Croissant or English Muffin - \$.99

Omelet - 1/2 - \$2.49 Whole \$3.49

One Egg - \$.75

Danish - \$1.29

Toast or Biscuit - \$.50



Biggest Loser Breakfast

Whole - \$3.49

Half - \$2.49

Jen's Western Egg White Wrap - whole wheat tortilla, egg whites, red & green peppers, onion, cheese & Salsa

Calories: 272 * Total fat: 12.5g * Colesteral: 29.8mg * Sodium: 645mg * Total carbs: 27.3g * Dietary fiber: 4.6g * Protein: 14..5g

Balanced Fitness Sandwich - Whole wheat English Muffin, egg whites, ff cheese & turkey bacon

Calories: 291.5 * Total fat: 13g * Colesteral: 39.1mg * Sodium: 1010.1mg * Total carbs: 27.9g * Dietary fiber: 4.4g * Protein: 17.2g

Ham & Egg Scramble - Egg beaters, chipped ham & ff cheese

Calories: 244.7 * Total fat: 17.7g * Colesteral: 49.3mg * Sodium: 981.3mg * Total carbs: 2.1g * Dietary fiber: 0g * Protein: 18.5g

Jada's Omelet - Egg beaters with turkey bacon, veggies & fat free cheese

Calories: 241.7 * Total fat: 19g * Sodium: 760.4mg * Total carbs: 2.0g * Dietary fiber: 0g * Protein: 15.2g

Egg & Bacon - Egg whites & Turkey bacon

Saturday Breakfast Buffet

Scrambled eggs, sausage, bacon, biscuits & gravy, pancakes - \$5.99/\$3.99

Daily Fresh Brews

Venti 20oz - \$1.79

Grande 16oz - \$1.59

Tall 12oz - \$1.39

Classc House Blend - five bean blend, specially selected and roasted to perfection

Classic House Decaf - decaffeinated House Blend

Flavor of the Week - carefully selected beans with the finest flavors



Hot Gourmet Drinks

Venti 20oz - \$3.50

Grande 16oz - \$3.00

Tall 12oz - \$2.50

Caramel Macchiato - espresso, vanilla, steamed milk, whip cream topped with caramel

Café Mocha - Strong hot cocoa, espresso, steamed milk, whip cream

Mocha Latte - espresso, dark chocolate & steamed milk



- White Mocha Latte** - espresso, white chocolate & steamed milk
- Zebra Latte** - espresso, white & dark chocolate & steamed milk
- Cappuccino** - espresso with equal parts steamed and frothed milk
- Heath Latte** - espresso, heath & steamed milk
- Flavored Latte** - espresso, flavor & steamed milk
- Latte** - espresso & steamed milk
- Chocolate Chip Mint Latte** - espresso, chocolate, mint and steamed milk
- Chocolate Peanut Butter Latte** - espresso, chocolate, peanut butter & steamed milk



Hot Chocolate Drinks

Venti 20oz - \$2.50 Grande 16oz - \$2.00 Tall 12oz - \$1.50

- Hot Chocolate** - cocoa, steamed milk & whipped cream
- Dark Hot Chocolate** - dark chocolate, steamed milk & whipped cream
- Flavored Hot Chocolate** - cocoa, flavor, steamed milk & whipped cream
- White Hot Chocolate** - white chocolate, steamed milk & whipped cream
- Zebra Hot Chocolate** - white /dark chocolate, steamed milk, whipped cream



Chai Drinks

Venti 20oz - \$3.50 Grande 16oz - \$3.00 Tall 12oz - \$2.50

- Chocolate Chai** - tea, chocolate & water or steamed milk
- Cinnamon Chai** - tea, spices & water or steamed milk
- Raspberry Chai** - tea, raspberry & water or steamed milk
- No Sugar Added Vanilla Chai** - tea, vanilla & water or steamed milk
- Vanilla Chai** - tea, vanilla & water or steamed milk



Iced Coffee

Venti 20oz - \$3.50 Grande 16oz - \$3.00 Tall 12oz - \$2.50

- Iced Cafe Mocha** - strong cocoa with espresso. milk & whipped cream top
- Iced Caramel Macchiato** - espresso, vanilla, milk, whip cream & Caramel
- Iced Chai Tea** - tea, spices & milk
- Iced Chocolate Chip Mint Latte** - espresso, Chocolate Chip Mint & milk
- Iced Chocolate Peanut Butter Latte** - espresso, chocolate, peanut butter & milk
- Iced Heath Latte** - espresso, heath & milk
- Iced Latte** - espresso & milk
- Iced Flavored Latte** - espresso, flavor & milk
- Iced Mocha Latte** - espresso, dark chocolate & milk
- Iced White Mocha Latte** - espresso, white chocolate & milk
- Iced Zebra Latte** - espresso, white & dark chocolate & milk



Italian Soda -Grande (16 oz) - \$2.25

- Flavored Italian Soda** - soda water and your favorite flavor regular or sugar free

Cold Beverages

Small - \$1.10 Med - \$1.35 Large - \$1.60 XL - \$1.85

Pepsi, Diet Pepsi, Caffeine Free Diet Pepsi, Sierra Mist, Mountain Dew, Diet Mountain Dew, Dr. Pepper, Mug Root Beer, Flavored Lemonades

Blender Drinks (Frappe) - Grande (16 oz) - \$3.50

20 Below - frozen hot chocolate

Vanilla Chai Freeze - vanilla chai transformed into a freeze

Mocha Java Frost - swirled chocolate, frozen coffee & whipped cream top

No Sugar Added Kona Mocha - swirled chocolate, frozen coffee & whipped cream top

Carmel Frost - swirled carmel, frozen coffee & whipped cream

Vanilla Frost - vanilla frozen coffee & whipped cream

Mint Chocolate Chip Frost - Mint Chocolate Chip frozen coffee & whipped cream

Chocolate Peanut Butter Frost - Chocolate peanut butter frozen coffee & whipped cream

Fruit Tea Blast Smoothie - a fruit smoothie packed with nutritional supplements

Cinnamon Chai Freeze - cinnamon chai transformed into a freeze

Chocolate Chai Freeze - chocolate chai transformed into a freeze

No Sugar Added Vanilla Chai - sugar free chai transformed into a freeze

Crème - Cookies & Cream or Vanilla Bean non caffinated freeze



Flavors' Famous Iced Tea & Lemonade

Small - \$1.10 Med - \$1.35 Large - \$1.60 XL - \$1.85

Sweet Tea - brewed fresh daily * Un sweet Tea * Flavored Teas



