CHOOSE A WRAP OR BREAD
Spinach | 300 Cal.
Tomato Basil | 300 Cal.
White | 310 Cal.
Honey Wheat | 300 Cal.
Jalapeno Cheddar | 300 Cal.
Gluten Sensitive Wrap | 220 Cal.
Fresh Sub Roll | 197 Cal.

CHOOSE GREENS OR GRAINS
Romaine | 2-40 Cal.
Spinach | 2-28 Cal.
Mixed Greens | 1-16 Cal.
Shredded Lettuce | 2-30 Cal.
Quinoa | 170 Cal.
Ancient Grain Blend | 200 Cal.

CHOOSE A DRESSING
Ranch | 140 Cal.
Buffalo Ranch | 50 Cal.
Chipotle Ranch | 110 Cal.
Balsamic Vinaigrette | 120 Cal.
Caesar | 150 Cal.
Honey Mustard | 130 Cal.
Thousand Island | 150 Cal.
Raspberry Vinaigrette | 120 Cal.
Sweet Chili | 140 Cal.

CHOOSE FOUR TOPPINGS
Apples | 116 Cal.
Bacon Crumble | 60 Cal.
Banana Peppers | 5 Cal.
Black Beans | 60 Cal.
Black Olives | 35 Cal.
Quinoa | 43 Cal.
Garbanzo Beans | 60 Cal.
Dill Pickles | 5 Cal.
Jalapenos | 5 Cal.
Corn | 35 Cal.
Hard Boiled Egg | 78 Cal.
Ancient Grain Blend | 50 Cal.
Red Onion | 10 Cal.
Bell Peppers | 8 Cal.
Tomatoes | 5 Cal.
Cucumbers | 5 Cal.
Carrots | 12 Cal.
Edamame | 45 Cal.

CHOOSE ONE CHEESE
Asiago | 55 Cal.
Cheddar | 55 Cal.
Feta | 15 Cal.
Mozzarella & Provolone | 55 Cal.

CHOOSE ONE PROTEIN
Crispy Chicken | 319 Cal.
Grilled Chicken | 105 Cal.
Sliced Turkey | 90 Cal.
Tuna | 180 Cal.
Quinoa | 85 Cal.
Ancient Grain Blend | 100 Cal.
Extra Protein | 2.35

CHOOSE A CRUNCH
Dried Cranberries | 35 Cal.
Sunflower Seeds | 40 Cal.
Croutons | 30 Cal.
Chow Mein Noodles | 60 Cal.
Fried Onions | 40 Cal.

*PLEASE INFORM YOUR SERVER ABOUT ANY ALLERGIES YOU MAY HAVE. 2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITION INFORMATION AVAILABLE UPON REQUEST.