

## IN-STORE MENU

Use for orders of 7 people or less. See our Catering & Delivery Menu for larger orders.

### SIGNATURE SALADS

All Salads include fresh bread & a chocolate-dipped strawberry.

~ LARGE \$6.99 :: HALF \$4.99 ~

- **Vermont Maple Blueberry**  
Fresh Blueberries, Apples, Cinnamon Almonds, Blue Cheese, Romaine Lettuce, & Maple Vinaigrette Dressing
  - **Nuts About Berries**  
Fresh Raspberries, Blueberries, Strawberries, Blackberries, Cinnamon Almonds, Romaine Lettuce, & Poppyseed Dressing
  - **MangoBerry**  
Fresh Strawberries, Blueberries, Mango, Cinnamon Almonds, Mixed Greens, & Mango Yogurt Dressing
  - **Red Raspberry Spinach Salad**  
Grapes, Pistachios, Dried Cranberries, Pears, Blue Cheese, Baby Spinach, & Red Raspberry Vinaigrette Dressing
  - **Summer Chicken Salad**  
Chicken, Fresh Strawberries, Cashews, Dried Cranberries, Grapes, Mixed Greens, & Strawberry Vinaigrette Dressing (also great with our Fat-Free Raspberry Vinaigrette)
  - **Piña Colada Chicken**  
Chicken, Pineapple, Mandarin Oranges, Coconut, Macadamia Nuts, Romaine Lettuce, & Piña Colada Dressing
  - **BBQ Chicken**  
Chicken, BBQ Sauce, Tomatoes, Black Beans, Corn, Black Olives, Red Onions, Tortilla Strips, Mixed Greens, & Ranch Dressing
  - **Yucatan Chipotle Chicken**  
Chicken, Diced Tomatoes, Black Olives, Tortilla Strips, Guacamole, Black Beans, Cheddar Cheese, Romaine Lettuce, & Chipotle Ranch Dressing
  - **Chicken Chop Salad**  
Chicken, Bacon, Eggs, Tomatoes, Croutons, Black Olives, Iceberg Lettuce, & Blue Cheese or Ranch Dressing
  - **Roasted Red Pepper & Asiago Chicken Caesar**  
Chicken, Roasted Red Peppers, Croutons, Asiago Cheese, Romaine Lettuce, & Asiago Caesar Dressing
  - **Shanghai Chicken**  
Chicken, Mandarin Oranges, Cashews, Sesame Seeds, Carrots, Bell Peppers, Wonton Strips, Romaine Lettuce, & Sesame Ginger Dressing (also great with our Fat-Free Sesame Ginger Dressing)
  - **Thai Peanut Chicken**  
Chicken, Thai Peanut Sauce, Bell Peppers, Red Onions, Peanuts, Wonton Strips, Iceberg Lettuce, & Sesame Ginger Dressing
- \*Add Extra Meat for \$1.49  
\*\*Add Extra Ingredients for \$.59 each

### CREATE YOUR OWN SALAD

All Salads include fresh bread & a chocolate-dipped strawberry.

~ LARGE \$6.99 :: HALF \$4.99 ~

- 1 **Pick Your Greens**  
Iceberg Lettuce, Mixed Greens, Chopped Romaine, Baby Spinach
  - 2 **Pick Your Dressing**  
Poppyseed, Red Raspberry Vinaigrette, Strawberry Vinaigrette, Mango Yogurt, Maple Vinaigrette, Piña Colada, Buttermilk Ranch, Asiago Caesar, Blue Cheese, Chipotle Ranch, Sesame Ginger
  - Low Fat Dressings: Fat-Free Sesame Ginger, Fat-Free Raspberry Vinaigrette, Low-Fat Ranch, Low-Fat Honey Mustard
  - 3 **Pick Your Meat/Protein\***  
All-Natural Roasted Chicken, Ham, Bacon, Guacamole, Tofu, Eggs
  - 4 **Pick Any FOUR of the Following Ingredients:**
    - **Vegetables:** Cucumbers, Red Onions, Sprouts, Carrots, Peas, Diced Tomatoes, Bell Peppers, Roasted Sweet Red Peppers, Corn, Mushrooms, Black Olives, Celery, Black Beans
    - **Fruits:** Diced Apples, Mandarin Oranges, Dried Cranberries, Grapes, Pineapple, Pears, Strawberries
    - **Cheeses:** Blue Cheese, Feta Cheese, Cheddar Cheese, Asiago Cheese
    - **Nuts:** Cinnamon Almonds, Slivered Almonds, Sunflower Seeds, Cashews, Peanuts, Pistachios, Macadamia Nuts
    - **Toppings:** Croutons, Shredded Coconut, Tortilla Strips, Wonton Strips
- \*Add Extra Meat for \$1.49 :: Add Extra Ingredients for \$.59 each  
\*\*Substitute any two ingredients instead of meat/protein

### KID'S MEAL COMBO

(10 years & under)

Comes with bread OR a chocolate-dipped strawberry, & small drink

~ \$3.99 ~

CHOOSE 2:

Grilled Cheese Sandwich



Small Cup of Soup

Fruit Cup



Chicken Strip

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### HOME-MADE SOUPS

All Soups include fresh bread & a chocolate-dipped strawberry.

~ LARGE \$5.99 :: HALF \$3.99 ~

- **Tomato Basil with Orzo Pasta**  
Forget the tomato soup from a can!—One taste of this & you'll be a true tomato soup aficionado (Try it with or without pasta)
- **Chicken Enchilada Chili**  
Made with red & green enchilada sauces —You've never tried a chili like this before!
- **New England Clam Chowder**  
An American classic done just the way it should be.
- **Wild Mushroom Bisque**  
The perfect mix of Shiitake, Crimini, & Button mushrooms.
- **Wisconsin Cauliflower**  
Cheddar & Pepperjack cheeses give this soup its deliciously tangy flavor & velvety smooth texture.
- **Lobster Bisque**  
This deliciously decadent soup will make you feel like you're in a 5-Star restaurant.
- **Yucatan Chicken Tortilla**  
Loaded with chicken, avocado, tomato, corn, & topped with tortilla strips—Great with a squeeze of fresh lime!
- **Shrimp & Sausage Gumbo**  
A Southern institution you'll love no matter where you're from.
- **Thai Lobster Curry**  
A unique combination of real lobster meat, Thai spices, & coconut milk give this soup its deliciously exotic taste.
- **Tuscan White Bean & Vegetable**  
A light, vegetarian soup loaded with lots of vegetables & delicious white beans.

Vegetarian



### DESSERTS

Top off your meal with one of our fresh treats from our dessert case. Don't miss our seasonal offerings!

### DRINK BAR

SODAS • CRYSTAL LIGHT • ITALIAN SODAS

16 Different kinds of soda,

Crystal Light + Italian soda flavors: \$1.69 (free refills)

Bottled Water: \$1.49 • Bottled Drinks \$1.79

### SANDWICHES

All sandwiches served on Italian Ciabatta bread & come with a chocolate-dipped strawberry.

~ \$4.99 ~

### GOURMET SANDWICHES

- **BBQ Pulled Pork**  
Slow-Roasted Pork, Red Cabbage Slaw, BBQ Sauce, & Honey Mustard
- **Italian Club**  
Ham, Genoa Salami, Turkey, Sweet Roasted Peppers, Muenster Cheese, Mixed Greens, Tomatoes, & Balsamic Spread
- **Vegetarian**  
Roasted Sweet Red Peppers, Cucumbers, Sprouts, Mixed Greens, Tomatoes, Muenster Cheese, & Pesto Spread
- **Turkey Cranberry**  
Turkey, Cranberry Sauce, Sprouts, Cucumbers, Mixed Greens, Muenster Cheese, & Honey Mustard
- **California Turkey**  
Turkey, Avocado, Tomatoes, Sprouts, Cucumbers, Mixed Greens, Muenster Cheese, & Ranch Dressing

### GRILLED PANINI SANDWICHES

- **Pesto Chicken**  
Chicken, Pesto, Almonds, Roasted Sweet Red Peppers, Muenster Cheese, Sprouts, & Tomatoes
- **Honey Bacon Club**  
Turkey, Bacon, Ham, Tomatoes, Muenster Cheese, & Honey Mustard
- **Turkey Bacon Avocado**  
Turkey, Bacon, Avocado, Tomatoes, Muenster Cheese, & Honey Mustard
- **Milano**  
Ham, Tomatoes, Muenster Cheese, & Pesto Spread
- **Turkey Spinach Artichoke**  
Turkey, Spinach/Artichoke Spread, Muenster Cheese, Tomatoes, & Pesto Spread
- **Boston Crab Melt**  
Crab Salad, Celery, Red Onions, & Muenster Cheese
- **Ultimate Grilled Cheese**  
Cheddar Cheese, Muenster Cheese, Tomatoes, & Pesto Spread

### TRY 2 COMBO

Choose TWO of the following:  
Whole Sandwich • Half Soup • Half Salad

~ \$7.99 ~



Soup & Salad | Salad & Sandwich | Sandwich & Soup