

WRAP LUNCH BAGS

NEW APPLE WALNUT CHICKEN SALAD

Tender chunks of chicken with diced apples, celery, onions, toasted walnuts and creamy dressing in a flour tortilla.

NEW GREEK

Crisp romaine lettuce, shredded carrots, Feta cheese and Kalamata olives in a white-flour tortilla with balsamic vinaigrette on the side. **V**

GRILLED CHICKEN CAESAR

With grated Italian cheese, lettuce and Caesar dressing in a flour tortilla. | Substitute shrimp /Add 2.00

NEW STEAK CAESAR

Tender, marinated steak with grated Italian cheese, lettuce and Caesar dressing in a flour tortilla.

THAI CHICKEN VEGGIE

Grilled chicken, red cabbage, cucumbers, carrots and lettuce with Thai peanut sauce in a spinach tortilla.

THAI VEGGIE

Crisp red cabbage, cucumbers, carrots and lettuce with Thai peanut sauce in a spinach tortilla. **V**

SALAD LUNCH BAGS

CAESAR SALAD

Romaine, cherry tomatoes and Asiago cheese with our Caesar dressing. **V**

CAESAR SALAD W/GRILLED CHICKEN

Romaine, grilled chicken breast, cherry tomatoes, Italian cheese with our creamy Caesar dressing.

COBB SALAD

Romaine, grilled chicken breast, cherry tomatoes, Gorgonzola cheese, hard-boiled eggs and bacon crumbles (no nitrites!) with ranch dressing.

EPIC HARVEST SALAD

Mixed greens, grapes, toasted walnuts, sliced apples, bleu cheese and lemon-honey vinaigrette. **V**

HOUSE SALAD

Romaine, cucumbers, carrots, cherry tomatoes, garbanzo beans and balsamic dressing. **V**

TRADITIONAL CHOP SALAD

Romaine, tomatoes, garbanzo beans, salami (nitrite-free!), Italian cheese and balsamic vinaigrette.

THAI CHICKEN SALAD

Mixed greens with Thai peanut marinated chicken, red cabbage, shredded carrots, cucumbers and Thai chili lime vinaigrette.

NICOISE SALAD

Albacore tuna, romaine lettuce, green beans, cherry tomatoes, French potato salad, balsamic dressing.

YUCATAN TACO SALAD

Crisp greens, grilled chicken breast, corn, black beans and pepper jack cheese, with blue and yellow corn tortilla chips and creamy chipotle dressing.

SANDWICH LUNCH BAGS

ALBACORE TUNA SALAD

Line-caught Albacore tuna with a light dressing, sweet pickle relish, a touch of mustard and lemon juice on whole wheat.

BLACK FOREST HAM & SWISS

Lightly smoked Black Forest ham with Swiss cheese and sweet mustard spread on artisan bread.

NEW BLT

Wellshire smoked bacon with ripe tomatoes and crisp lettuce, served on fresh sourdough.

BUFFALO STYLE CHICKEN BREAST

Spicy marinated chicken breast with lettuce, tomato, red onion and bleu cheese dressing on artisan bread.

CAPRESE TOMATO MOZZARELLA

Fresh mozzarella, tomatoes, spinach and red onion with pesto and tapenade on focaccia. **V**

CURRIED CHICKEN SALAD

Tender chunks of oven-roasted chicken with curry mango chutney on whole wheat.

GRILLED GARDEN VEGETABLE

Grilled zucchini, peppers, onion, and a splash of vinaigrette on artisan bread. **V**

GRILLED CHICKEN & SMOKED MOZZARELLA

Thick slices of grilled chicken layered with smoked mozzarella, roasted peppers, onions and herb aioli on artisan bread.

MOM'S MEATLOAF

Ground beef, seasoned to perfection with herb mayo and ketchup on sourdough.

PREMIUM CLUB SANDWICH

Roast turkey, Black Forest ham and smoky bacon (no nitrites!) on artisan bread.

ROAST BEEF & JACK CHEESE

Sliced thin and stacked high. Roast beef, jack cheese with greens and creamy horseradish sauce on sourdough.

ROAST TURKEY W/DILL HAVARTI

Lettuce, tomato, with honey mustard spread on sourdough.

ROAST TURKEY PESTO CRANBERRY

Perfect flavor blend with herb mayo on whole wheat.

NEW TRIPLE DECKER PBJ

Creamy peanut butter and jam on honey whole wheat bread. **V**