



Lunch Fresh Sheet Menu

ORDER INFO

Select your pick up or delivery times, choose your menu items and order online or phone, fax or email us your order (Contact info at bottom of this page). Refer to the calendar for pick-up or delivery times.

Name _____

Phone _____ Email _____

Pick up Date _____ Time _____

Wraps or Ciabatta Sandwiches

Served with a choice of Chips or a Cookie

Mediterranean Grilled Chicken \$5.49

Bun Wrap

Grilled Chicken Strips with spinach, olives, red onions, peppers & feta cheese - *Red Pepper Basil Sauce*

Angus Beef and Cheddar Cheese \$5.49

Bun Wrap

With red onions and tomato - *Horseradish Dijon Sauce*

Ranchero Smoked Turkey \$5.49

Bun Wrap

With peppers, red onions, mozza cheese, and cilantro - *Ancho Chipotle Sauce*

Ham and Mozza Cheese \$5.49

Bun Wrap

With lettuce, tomato, mayo and prepared mustard

Sweet Curry Chicken Salad Wrap \$5.49

Bun Wrap

With red onions, pineapple, peppers and cilantro - *Sweet Curry Sauce*

Vegetable Ambrosia Wrap \$5.49

Bun Wrap

With peppers, red onions, Feta cheese, portabella mushrooms, and spinach - *Red Pepper Basil sauce*

Chicken Caesar Wrap \$5.49

Bun Wrap

With chicken strips, romaine, and parmesan - *Caesar Dressing*

Grab and Go! Shaker Salads

Mediterranean Salad \$3.99

A blend of tossed garden greens garnished with long English cucumbers, grape tomatoes, red onion, black olives & feta cheese

___ Hellmann's SD Tomato and Pesto Vinaigrette Dressing

Classic Caesar Salad \$3.99

Diced romaine lettuce garnished with crispy croutons and Parmesan cheese.

___ Hellmann's Creamy Caesar Dressing

Garden Salad \$3.99

Chopped romaine with cucumbers, green onion, celery, tomatoes, topped with mozzarella.

___ Ranch Dressing

Chef's Salad \$6.99

Chopped romaine with cucumber, turkey, ham, egg and tomato. A meal in itself.

___ Ranch Dressing

Bacon Spinach Salad \$3.99

Spinach leaves garnished with sliced egg, pepper, bacon, cucumber, diced tomato, Swiss cheese and red onion.

___ Hellmann's SD Tomato and Pesto Vinaigrette Dressing

Note: Add to any Salad only \$2.00

Add chopped grilled chicken breasts

Add Shrimp

Gourmet Extras

Soup of the Day - 10 oz bowl with crackers \$4.00

Hearty Chilli 10 oz bowl with a corn meal muffin \$5.95
(when available)

Vegetarian Chilli 10 oz bowl with a corn meal muffin \$5.95
(when available)

Assorted Gourmet Cookies \$1.25 each

Assorted Baked Muffins \$1.50 each

Cooked single meals to go, just Heat and Serve

Variety to choose from that's always changing... check out the freezer

Breakfast & Lunch \$7.95 each

Breakfast Quesadilla \$2.99

Egg, Ham & Cheese on English Muffin \$2.99

Steel-cut Oatmeal Cup \$2.99
 Add Mixed Berries \$2.00

Fruit Salad (8 oz.) \$1.99

Sliced Peaches \$1.99

Beverage

___ Cold Pop (\$1 ea)

___ Bottled Water (\$1 ea)