



KID'S MENU

Ask us about other bread options.

P B & J 680/340 cal.....5.75 whole/4.50 half
Strawberry jam and creamy peanut butter, served on Honey Whole Wheat.

Kid's Grilled Cheese 740/370 cal.....7.75 whole/6.50 half
Cheddar cheese grilled to perfection on Honey Whole Wheat.



SIGNATURE SANDWICHES

Served on Honey Whole Wheat. Ask us about other bread options.

Louisville Chicken Salad Sandwich 960 cal.....10.75 whole/8.25 half
Diced chicken in seasoned mayonnaise, Cajun spiced pecans, with tomato, green leaf lettuce, thin sliced red onion, and salt & pepper.

Harvest Veggie 1040 cal.....10.75 whole/8.25 half
Sundried tomato spread, cheddar & aged provolone cheese, cucumber, bell pepper rings, tomatoes, thin sliced red onion, green leaf lettuce, and salt & pepper.

Garden Turkey 760 cal.....11.25 whole/8.75 half
Fresh avocado, roasted turkey, cheddar cheese, thin sliced red onion, tomatoes, cucumber, bell pepper rings, green leaf lettuce, and salt & pepper.

Turkey Bacon Ranch 920 cal11.25 whole/8.75 half
Roasted turkey, homemade ranch, thick cut bacon, cheddar cheese, green leaf lettuce, tomatoes, thin sliced red onion, and salt & pepper.

Baja Chipotle 730 cal.....11.25 whole/8.75 half
Roasted turkey, honey lime chipotle sauce, avocado, pepper jack cheese, shaved cabbage, tomatoes, pickled red onion, and salt & pepper.

Spicy Italian 000 cal.....11.25 whole/8.75 half
Salami, ham, pepperoni, aged provolone cheese, Italian dressing, tomatoes, thin sliced red onion, pepperoncini, mayonnaise, green leaf lettuce, and salt & pepper.

Pepper Bleu Roast Beef 830 cal.....10.75 whole/8.25 half
Roast beef, bleu cheese garlic herb spread, tomatoes, thin sliced red onion, green leaf lettuce, and salt & pepper.

Tuna Salad Sandwich 1010 cal.....10.75 whole/8.25 half
Tuna in seasoned mayonnaise, tomato, green leaf lettuce, thin sliced red onion, extra mayonnaise, salt & pepper.



SOUP

Warm up your day.

Cup of Soup 90-360 cal.....5.75
Served with a thick slice of bread.

Bowl of Soup 135-540 cal.....7.75
Soup of the day served with a thick slice of bread.

Soup Bread Bowl 790-1060 cal.....10.75

DRINKS

Coffee and specialty drinks also available, just ask us.

Bottled Drinks 0-240 cal.....3.25

24 oz Fountain Drink 0-300 cal.....2.50

BREAKFAST SANDWICHES

Served on Honey Whole Wheat.

Ask us about other bread options.



Build Your Own

660-980 cal9.25 whole/6.75 half
Wake up your taste buds with your choice of egg, cheese, and meat.

Red Rooster 1070 cal10.25 whole/7.75 half
Thick cut bacon, egg, cheddar cheese, roasted peppers & onions, garlic herb spread, spicy rooster sauce, and salt & pepper.

10/10 1090 cal10.25 whole/7.75 half
Egg, pepper jack cheese, cheddar cheese, thick-cut bacon, garlic herb spread, avocado, and salt & pepper.

Spicy Signature 890 cal10.25 whole/7.75 half
Ham, egg, pepper jack cheese, avocado, honey lime chipotle sauce, jalapeño slices, and salt & pepper.

Signature Veggie 990 cal.....10.25 whole/7.75 half
Egg, aged provolone cheese, avocado, tomatoes, roasted peppers & onion, sundried tomato spread, and salt & pepper.

CLASSIC SANDWICHES

Served on Honey Whole Wheat.

Ask us about other bread options.



Cold Classic Sandwiches10.50 whole/8.00 half
Hot Classic Sandwiches 11.00 whole/8.50 half

Classic Turkey & Swiss 800 cal
Roasted turkey, Swiss cheese, tomato, green leaf lettuce, thin sliced red onion, mayonnaise, Dijon mustard, and salt & pepper.

Classic Ham & Cheddar 840 cal
Ham, cheddar cheese, tomato, green leaf lettuce, thin sliced red onion, mayonnaise, Dijon mustard, and salt & pepper.

Classic Roast Beef & Provolone 780 cal
Roast beef, aged provolone cheese, tomato, green leaf lettuce, mayonnaise, Dijon mustard, and salt & pepper.



SALADS & GRAIN BOWLS

Beyond Fresh

Choice of dressings:

Blue Cheese: 210 cal., Ranch: 210 cal.,
Italian: 240 cal., Raspberry Vinaigrette: 330 cal.

Greek Grain Bowl 000 cal.....8.75
Spiced chickpeas, cucumber, bell pepper, toasted wheat berries, quinoa, feta cheese on a bed of green leaf lettuce, kale, and spinach. Served with a side of balsamic vinaigrette.

Chicken Salad 630 cal.....11.75
A scoop of chicken salad, with diced chicken, seasoned mayonnaise, and Cajun spiced pecans. Served on green leaf lettuce. Topped with tomato and thin sliced red onion.

Sunny Southwest Salad 000 cal.....11.75
Green leaf lettuce, roasted turkey, tomatoes, black beans, avocado, pickled red onions, and cabbage. Topped with tortilla strips and served with a side of chipotle honey lime dressing.

Cobb Salad 620 cal.....11.75
Grilled chicken breast, thick cut bacon, hard-boiled egg, tomatoes, avocado, green leaf lettuce and garlic herb croutons. Served with a side of bleu cheese dressing.

Chef Salad 480 cal.....11.75
Green leaf lettuce, tomatoes, cucumbers, bell peppers, thin sliced red onion, roasted turkey, ham, bacon, cheddar, and aged provolone cheese. Served with your choice of dressing.

Garden Salad 320 cal.....9.25
Green leaf lettuce, tomatoes, cucumbers, bell peppers, thin sliced red onion, and topped with toasted sunflower seeds and dried cranberries. Served with your choice of dressing.

Side Salad 220 cal.....6.25
Green leaf lettuce, tomatoes, cucumbers, and garlic herb croutons. Served with your choice of dressing.



Cobb

EXTRAS

For when you want a little more.

Cheese Bread on Sandwiches 000 cal..... add 1.00
Meat 80-180 cal add 2.50
Avocado 60 cal.....add 1.25
Cheese 130-140 cal.....add 1.25
Hummus 60 cal.....add 2.00
Veggies 5-15 cal..... add .75
Bacon 120 cal.....add 1.25
Egg 78 cal.....add 1.25



The Cubano

HOT OFF THE GRILL

Served on Honey Whole Wheat. Ask us about other bread options.

BLTA 680 cal.....11.75 whole/9.25 half
Thick cut bacon, green leaf lettuce, tomatoes, fresh avocado, mayonnaise, and salt & pepper.

Mediterranean Veggie 720 cal.....11.25 whole/8.75 half
Roasted red pepper hummus, avocado, aged provolone cheese, bell peppers, spinach, tomatoes, thin sliced red onion, and salt & pepper.

Turkey Pesto 780 cal.....11.25 whole/8.75 half
Roasted turkey, aged provolone cheese, pesto, balsamic vinaigrette, green leaf lettuce, tomatoes, thin sliced red onion, and salt & pepper.

Smokehouse 860 cal.....11.75 whole/9.25 half
Roasted turkey, thick cut bacon, aged provolone cheese, honey lime chipotle sauce, green leaf lettuce, tomatoes, red onion, and salt & pepper.

Hot & Spicy Italian 000 cal.....11.75 whole/9.25 half
Salami, ham, pepperoni, aged provolone cheese, Italian dressing, tomatoes, pickled red onions, pepperoncini, green leaf lettuce, mayonnaise, and salt & pepper.

Buffalo Chicken Bleu 920 cal.....11.75 whole/9.25 half
Bleu cheese spread, spicy rooster sauce, grilled chicken breast, thin sliced red onion, green leaf lettuce, tomato, and salt & pepper.

BBQ Cheddar Chicken 1000 cal.....11.75 whole/9.25 half
Smokey BBQ sauce, grilled chicken breast, cheddar cheese, bacon, tomato, green leaf lettuce, thin sliced red onion, and salt & pepper.

Tuscan Chicken 1070 cal11.75 whole/9.25 half
Grilled chicken breast, sundried tomato spread, aged provolone cheese, thin sliced red onion, tomato, green leaf lettuce, and salt & pepper.

Cubano 730 cal.....11.75 whole/9.25 half
Ham, smoked turkey, Swiss cheese, sliced dill pickle, pickled red onions, and Dijon mustard.

Signature Roast Beef 000 cal11.25 whole/8.75 half
Roast beef, aged provolone cheese, sundried tomato spread, roasted peppers & onion, tomato, green leaf lettuce, salt & pepper.

Turkey & Pepper Jack 750 cal.....11.25 whole/8.75 half
Roasted turkey, pepper jack cheese, roasted peppers & onion, honey lime chipotle sauce, tomato, green leaf lettuce, salt & pepper.

Cheddar & Swiss 1040 cal.....11.25 whole/8.75 half
Garlic herb spread, cheddar cheese, Swiss cheese, salt & pepper.

COMBOS

Make it a meal.

Whole Sandwich with Soup or Side Salad 000 cal17.00
Half Sandwich with Soup or Side Salad 000 cal14.00
Cup of Soup and Side Salad 310-580 cal 12.00
Bowl of Soup and Side Salad 355-760 cal14.00