

### You gotta nourish to flourish

## wedges

#### **Chicken Cutlet**

-\$10.95

#### **Philly Steak**

-Cheese, Pepper, Onions & Mushrooms \$10.95

#### **Chicken Parmigiana**

-\$10.95

#### **Italian Combo**

-\$10.95

### clubs

#### All Served with French Fries

**BLT Club** - \$13.95



**Turkey Club** 

- \$13.95

#### **Chicken Cutlet or Grilled Chicken**

Club

-\$13.95

# specials

#### Jimmy's Plate

- Chicken, Gyro or Steak with Rice, Chopped Salad & Jimmy's Secret Sauce \$14.95

#### **Emma's Bowl**

-Spring Mix, Black Bean Corn Salad, Grilled Chicken & Avocado \$13.95

#### **Mad Special**

-Bacon, Lettuce, Tomato with Hash Browns & Avocado \$9.95

#### **Gabby's Special**

-Grilled Chicken, Fresh Mozzarella Roasted Peppers & Pesto \$10.95

# overstuffed sandwiches

All Served with Chips & Pickle

#### Pastrami Reuben

-\$9.95

#### **Turkey Reuben**

-\$9.95

#### **Corned Beef Reuben**

-\$9.95

# paninis or wraps

#### All Served Grilled Chicken

-Lettuce, Tomato & Mayo \$10.95

#### **Hummus & Fresh Veggie**

-\$10.95

#### **Grilled Chicken with Grilled Veggie**

-\$10.95

#### **Turkey**

-Bacon, Swiss, Lettuce, Tomato, Onion & Bleu Cheese \$10.95

#### **Roast Beef & Turkey**

-Swiss, Lettuce, Tomato & Ranch Dressing \$10.95

#### **Tuna Wrap**

-Lettuce, Tomato \$10.95

#### **Chicken Salad Wrap**

-Lettuce, Tomato \$10.95

#### **Grilled Chicken Caesar Wrap**

-\$10.95

#### **Thanksgiving Wrap**

-Turkey, Stuffing, Fresh Cranberry \$10.95

# more overstuffed sandwiches

#### **Chicken Salad Melt**

-\$9.95

#### **Buffalo Chicken**

-Lightly Breaded Fried Chicken, Blue Cheese Dressing, Lettuce & Tomato \$9.95

#### **Gold Rush**

-Breast of Turkey, Melted Mozzarella, Lettuce, Tomato, Avocado, Bacon with Chips & Salsa \$9.95

#### **Tuna Melt**

-\$10.95

#### **Curried Chicken Salad**

-\$9.95

#### **Buffalo Chicken Salad**

-\$9.95

# down south

#### **Quesadillas – All Served with Chips**

Cheese - \$9.95 Chicken - \$10.95 Steak - \$11.95

#### **Burritos – All Served with Chips**

Veggie -Rice, Beans, Peppers, Cheese & Onions \$9.95 Chicken – Rice, Beans, Peppers, Cheese & Onions \$10.95 Steak -Rice, Beans, Cheese, Peppers & Onions \$11.95

## mediterranean delights

#### **Falafel**

-Hummus, Cucumbers, Tomato & Scallions \$9.95

#### Gyro

-Chicken or Beef, Lamb Strips in Pita Bread with Lettuce, Tomato, Onion & Tzatziki Sauce - \$10.95

#### **Chicken Shawarma**

-\$10.95

#### **Mediterranean Wrap**

-Grilled Chicken, Chopped Salad, Feta \$10.95

#### **Falafel & Hummus Platter**

-Hummus, Chopped Salad, Pita Bread, Feta \$15.95

# off the grill

Add Fries for \$2.95

Hamburger (Add Cheese for \$1.00)

-\$7.95

**Turkey Burger** 

-\$7.95

**Veggie Burger** 

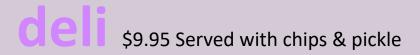
-\$67.95

**Chicken Tenders** 

-\$5.95

**Hot Dog** 

-\$4.00



### -Cold Cut Sandwiches -BLT



\$15.95 chop any salad for \$2.50

#### **BBQ Chicken**

-Spring Mix, Grilled Chicken, Sun-Dried Tomatoes, Red Onion, Bacon. BBQ Sauce & Balsamic Vinaigrette

#### **Power**

-Spring Mix, Chickpeas, Carrots, Grilled Chicken, Sun-Dried Tomatoes, Red Onion, Cucumber, Feta Cheese & Pesto Vinaigrette

#### Cajun Black Bean

-Spring Mix, Black Beans, Cajun Spice, Grilled Chicken, Pepper Corn, Onion & Balsamic Vinaigrette

#### Thai

-Chicken, Asian Noodles, Peanuts & Ginger Dressing

#### **Buffalo Chicken**

-Crispy Chicken Tossed in a Buffalo & Bleu Cheese Sauce on a Bed of Spring Mix

#### **Fiesta**

-Chicken, Beans, Salsa & Avocado over a Tossed Salad

#### Caesar

-Chicken, Seasoned Croutons, Parmesan & Caesar Dressing

#### Chef

-Turkey, Ham, Roast Beef, Swiss & Hard-Boiled Egg

#### Fuji Apple

-Chicken, Chopped Apples, Walnuts, Cranberries

#### **Greek Salad**

-Chicken, Romaine Lettuce, Feta Cheese, Kalamata Olives

#### **Cobb Salad**

-Chicken, Hard Boiled Egg, Bacon, Cheddar on a Bed of Lettuce

#### **Greek Salad Bowl \$16.95**

- Pita, Tzatziki, Romaine Lettuce, Cucumbers, Tomatoes, Olives, Feta Cheese & Garlic Dressing

### \$6.95 Two choices daily (seasonal)

# grilled cheese

Grilled Cheese \$5.95
Grilled Cheese with Tomato \$6.50
Grilled Cheese with Bacon or Ham \$7.95
Grilled Cheese with Turkey \$7.95