



Fit To Eat Sandwiches

Made on an assortment of whole grain breads, wraps, buns, croissants and bagels
A La Carte \$5.95-\$7.95 per sandwich. Gluten free options are available at an additional cost (\$2/sandwich).
Our roast turkey and ham cold cuts are gluten free and nitrate free.
Items marked with * are subject to a \$0.50 surcharge per portion

EGG | DAIRY | VEGETARIAN

Brie and Cranberry

brie, cranberry chutney, cucumber, mayonnaise, lettuce, young greens

Caprese *

tomatoes, basil pesto mayonnaise, bocconcini cheese, lettuce

Egg Salad DF

Eggs, celery, lettuce, green onions, mayonnaise (or add curry)

Grilled Vegetables and Cheese *

zucchini, sweet peppers, onions, eggplant, basil pesto mayonnaise, sundried tomatoes, balsamic glaze, herbed goat cheese

VEGAN

Falafel and Hummus ♪ DF

Chickpea falafel, cucumbers, hummus, tahini, lettuce, tomato, vegan garlic aioli

Green Goddess ♪ DF

Cucumbers, avocado, spinach, sprouts, vegan lemon aioli

Vegan Grilled Vegetable * ♪ DF

zucchini, peppers, onions, eggplant, sundried tomatoes, vegan balsamic mayonnaise

Smashed Buffalo Chickpea ♪ DF

Chickpeas, Frank's red Hot, vegan mayonnaise, carrots, celery, lettuce

Tex Mex Quinoa Wrap ♪ DF

Quinoa, guacamole, corn, black beans, edamame, salsa, lettuce

POULTRY

Basil Pesto Chicken

chicken salad, celery, lettuce, mayonnaise, basil pesto

Buffalo Chicken DF

chicken salad, carrots, celery, Frank's Red-Hot buffalo sauce, mayonnaise, lettuce

Chicken Brie *

grilled chicken, brie cheese, roasted pear, caramelized onions, jalapeno aioli

Chicken Club * DF

roast chicken, bacon, lettuce, tomato, mayonnaise

Chicken Caesar *

grilled chicken, lettuce, mozzarella, bacon, Caesar Parmesan dressing

Classic Chicken Salad DF

chicken salad, carrots, celery, mayonnaise, lettuce

Cranberry Turkey *

roast turkey, cranberry chutney, brie, mayonnaise, lettuce

Greek Souvlaki *

Greek marinated chicken, tzatziki, lettuce, tomato and roasted red pepper feta mayo

Mild Jerk Chicken * DF

coleslaw, pineapple chutney, ranch mayonnaise, lettuce

Roasted Turkey

goat cheese, roasted red pepper, mayonnaise, lettuce

Tarragon Chicken DF

chicken salad, celery, tarragon, mayonnaise, lettuce

Tuscan Turkey *

Roast turkey, basil pesto, mayonnaise, sundried tomatoes, provolone cheese, spinach, lettuce, roasted red peppers

FISH | SEAFOOD

Tuna Salad DF

celery, green onions, sweet peppers, mayonnaise, lemon, and lettuce

Po' Boy Shrimp * DF

lettuce, chipotle mayonnaise and avocado cream

Salmon Salad * DF

lemon, celery, mayonnaise, dill, lettuce

Smoked Salmon *

smoked salmon, red onion, cucumber, caper-dill cream cheese

BEEF | PORK

Roast Beef *

swiss cheese, horseradish mayo, lettuce, tomato, grilled onions

Reuben *

Pastrami, mustard, sauerkraut, swiss cheese

Ham and Cheese

Black forest ham, mustard, lettuce, cheddar cheese, tomato