

CHICKEN SANDWICHES

SANTA FE CHICKEN \$9.95

roasted red peppers, melted cheddar, red pepper mayo, french baguette

TRADITIONAL CHICKEN SALAD \$9.95

field greens, tomatoes, french baguette

BLACKENED CHICKEN BREAST \$9.95

provolone cheese, roasted red peppers, red pepper mayo, french baguette

SOUTHWESTERN CHICKEN WRAP \$9.50

jasmine rice, black bean & corn salsa, sundried tomato wrap

TERIYAKI CHICKEN WRAP \$9.50

grilled chicken, jasmine rice, pineapple salsa, oriental ginger dressing, garlic wrap

CHICKEN CORDON BLEU \$10.95

grilled chicken, ham, swiss cheese, honey mustard, ciabatta bread

CROISSANT SANDWICHES

CHICKEN SALAD \$10.95

ALBACORE TUNA SALAD \$11.95

DELI SANDWICHES

TURKEY AND PROVOLONE \$9.95

fresh basil mayo, roasted red peppers, french baguette

SAMMIE WAMMIE \$9.95

turkey, thousand Island dressing, coleslaw, swiss cheese, ciabatta

HAM & SWISS \$9.95

chipotle pepper & adobo mayo, field greens, tomatoes, ciabatta

ROAST BEEF, BACON & CHEDDAR \$12.25

premium roast beef, horseradish mayo, french baguette

ITALIAN SANDWICH \$9.95

hard salami, feta, red onions, field greens, sundried tomato ciabatta, side of balsamic vinaigrette

CLUB SANDWICH \$12.25

roast beef, turkey, bacon, provolone, lettuce, tomato, horseradish mayo, french baguette

CAROLINA STYLE PULLED PORK \$9.95

smoked pork butt, Alabama white sauce, coleslaw on ciabatta

All sandwiches and salads are available as wraps.

Gluten Free Wrap available

**(V) VEGETARIAN, (V+) VEGAN*

VEGAN & VEGETARIAN SANDWICHES

FRESH MOZZARELLA (V) \$9.95

tomatoes, basil mayo, cracked pepper & sea salt, ciabatta

ROASTED VEGETABLES (V) \$9.95

seasonal roasted veggies, provolone, basil mayo, french baguette

SOUTHWESTERN VEGAN BURGER (V+) \$8.95

roasted corn, peppers, onions, green chilies, jasmine rice, black beans, cilantro, tomatoes, field greens, avocado, vegan mayo, tomato wrap

SMOKED TEMPEH & AVOCADO (V+) \$9.95

field greens, tomatoes, avocado, vegan mayo, french bread

SEAFOOD SANDWICHES

ALBACORE TUNA SALAD \$10.95

celery, scallions, mayo, field greens, tomatoes, french baguette

SESAME GRILLED SHRIMP WRAP \$10.95

marinated shrimp, jasmine rice, zesty lime mayo, pineapple salsa, garlic wrap

ARTISAN SALADS & SCOOPS

BAJA CHICKEN SALAD \$12.95

mixed greens, black bean & corn salsa, grape tomatoes, tri-color tortilla strips, cilantro vinaigrette

ASIAN CHICKEN SALAD \$12.95

romaine, red peppers, snow peas, green onion, carrots, black sesame seeds, wontons, ginger dressing

CLASSIC CAESAR \$9.75

romaine, shaved parmesan, croutons, mediterranean pasta

CLASSIC CAESAR WITH BLACKENED CHICKEN \$12.95

CRANBERRY HARVEST SALAD (V) \$10.95

field greens, raisins, bleu cheese crumbles, candied walnuts, raspberry dressing

CALIFORNIA COBB \$13.95

mixed greens, turkey, bacon, grape tomatoes, boiled egg, bleu cheese, croutons, bleu cheese dressing

CLASSIC CHEF \$13.95

mixed greens, turkey, ham, grape tomatoes, boiled egg, cucumbers, cheddar, homemade croutons, choice of dressing

GREEK SALAD (V) \$10.75

mixed greens, feta, sundried tomatoes, red onion, cucumbers, kalamata olives, red peppers, banana peppers, croutons, balsamic vinaigrette

ARTISAN SALADS & SCOOPS

FRESH GARDEN SALAD (V) \$7.95

mixed greens, cucumbers, carrots, grape tomatoes, croutons, choice of dressing

SIDE FRESH GARDEN SALAD (V) \$6.95

SIDE CAESAR \$6.95

romaine, parmesan cheese, croutons, served with caesar dressing

ASIAN NOODLE BOWL (V+) \$9.25

with linguine, bok choy, edamame, red bell peppers, peanuts and basil tossed in an Asian style dressing

CHICKEN SALAD PLATE \$11.95

with fresh fruit & pasta d'jour

ALBACORE TUNA SALAD PLATE \$12.95

with fresh fruit & pasta d'jour

TRADITIONAL CHICKEN SALAD SCOOP \$5.95

with cracker packages

ALBACORE TUNA SALAD SCOOP \$6.95

with cracker packages

SIGNATURE DRESSINGS:

Balsamic Vinaigrette, Ranch, Honey Mustard, Bleu Cheese, Caesar, Cilantro Vinaigrette (V), Oriental Ginger, Italian Vinaigrette, Raspberry Vinaigrette, Honey Mustard, Thousand Island

PACKETS:

FF Ranch, FF Italian, FF Raspberry Vinaigrette, French

ADDITIONS FOR ANY SALAD OR GRAB & GO BOWL:

GRILLED, BLACKENED OR SANTA FE CHICKEN \$4.00

TOFU \$4.00

SESAME GRILLED SHRIMP \$7.00

ROASTED VEGGIES \$3.50

ACCOMPANIMENTS

SIDES \$2.95

Coleslaw, Mediterranean Pasta, Fruit Salad (V), Potato Salad, Pasta d'jour

CHIPS \$2.49

Jalapeno, BBQ, Plain, Maui Onion, Salt & Pepper, Salt & Vinegar, Funky Fusion, Sour Cream, Plain Chip Bowl \$10.00

COOKIES \$2.49 EA

Chocolate Chip, Heath Bar, Cookie of the Week
Cookie Box \$22.00

SIGNATURE DESSERTS

CHOCOLATE DRIZZLE RICE CRISPY TREAT \$3.00

PEANUT BUTTER BROWNIE \$3.95

LUSCIOUS LEMON BAR \$3.99

DELI DONE DIFFERENT



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