



# SANDWICHES & WRAPS

## MALIBU

roasted chicken, applewood smoked bacon, avocado, cheddar cheese, greens, tomato, caramelized onion aioli, ciabatta

**\$8.95** 800 CALS

## KALE CAESAR FLATBREAD

roasted chicken, chopped kale, parmesan cheese, caesar dressing, flatbread

**\$8.75** 580 CALS

## ITALIAN GRINDER

ham, salami, pepperoni, provolone, lettuce, tomato, red onions, giardiniera, red wine vinaigrette, french roll

**\$8.95** 920 CALS

## SHRIMP BLT

seasoned shrimp, bacon, shredded lettuce, tomato, garlic aioli, avocado, french roll

**\$8.75** 570 CALS

## BEAN SCENE VG

roasted sweet potato, three bean relish, avocado, salsa roja, chopped romaine, spinach tortilla

**\$8.25** 520 CALS

## MARK CUBANA

roasted chicken, applewood smoked bacon, black bean spread, avocado, chihuahua cheese, chipotle aioli, spinach tortilla

**\$8.95** 920 CALS

## TURKEY JACK WRAP

roasted turkey, pepper jack cheese, leaf lettuce, pico de gallo, chipotle aioli, wheat tortilla

**\$8.95** 700 CALS

## CLASSIC TURKEY

roasted turkey breast, white cheddar cheese, lettuce, tomato, 9 grain bread

**\$7.50** 470 CALS

## CLASSIC HAM

black forest ham, white cheddar cheese, lettuce, tomato, pretzel roll

**\$7.50** 470 CALS

## CLASSIC VEGGIE VG

house made hummus, tomato, cucumber, red onion, lettuce, spinach tortilla

**\$7.50** 440 CALS

## FEATURED

### AVO TUNA MELT

house made tuna, muenster cheese, sliced avocado, tomato, arugula, sourdough bread

**\$8.75** 690 CALS



### LEMONY TURKEY

roasted turkey breast, lemony kale & brussels slaw, toasted flatbread

**\$8.25** 360 CALS

### OPTIONS

**ADD MEAT** GF DF  
**\$2.00**

**BACON (2)** GF DF  
**\$2.00** 130 CALS

**AVOCADO** VG GF DF  
**\$1.25** 60 CALS

**CHEESE** V GF  
**\$1.00** 110 CALS

### BREAD SUBSTITUTE

for any sandwich, bread can be substituted with gluten-free bread

**V-VEGETARIAN**

**VG-VEGAN**

**GF-GLUTEN FREE**

**DF-DAIRY FREE**

**CN-CONTAINS NUTS**



THOROUGHLY COOKING FOODS OF ANIMAL ORIGIN SUCH AS BEEF, EGGS, FISH, LAMB, MILK, POULTRY OR SHELLFISH REDUCES THE RISK OF FOODBORNE ILLNESS INDIVIDUALS WITH CERTAIN HEALTH CONDITIONS MAY BE AT HIGHER RISK IF THESE FOODS ARE CONSUMED RAW OR UNDERCOOKED.



FOOD PREPARED MAY CONTAIN WHEAT, FISH, DAIRY, EGGS, SOY, & NUTS.