NAME □ HERE □ TO GO

SIGNATURE SANDWICHES

□ BLT
Beeler’s bacon, tomato, avocado, arugula and pesto mayonnaise on toasted sourdough bread. 7.99 610cal

□ SMOKED TURKEY AND BACON CROISSANT
Diestel smoked turkey, Beeler’s bacon, pesto mayonnaise, Havarti cheese, roasted red pepper, lettuce on a flaky croissant. 9.99 710cal

□ TUNA MELT
Oregon albacore tuna salad with Tillamook cheddar and ripe tomatoes on New Seasons Market sourdough bread. 7.99 680cal

□ CUBANO
Thinly sliced pork loin, ham, mayonnaise, yellow mustard, dill pickle, Swiss cheese on hoagie. Served hot and toasty. 8.99 580cal

□ GREEK VEGETABLE
Marinated grilled bell peppers, eggplant, baby spinach and summer squash with spinach feta spread on a toasted New Seasons Market ciabatta roll. 7.99 500cal

□ REUBEN
Thinly sliced, corned beef, sauerkraut, Swiss cheese and Thousand Island dressing on toasted New Seasons Market rye bread. 8.99 590cal

□ DAILY SPECIAL

BUILD YOUR OWN SANDWICH

□ MEAT 7.99
□ Ham 120cal
□ Roast Beef 120cal
□ Oven Roasted Chicken Breast 110cal
□ Oven Roasted Diestel Turkey 90cal
□ Extra Meat Add 2.99 90-120cal
□ Add Bacon 1.00 110cal

BREAD:
□ TOASTED? □ YES □ NO
□ Whole Wheat 270cal
□ Sourdough 230cal
□ Rye 250cal
□ Ciabatta Roll 230cal
□ Hoagie Roll 250cal
□ Gluten-Free Bun 200cal
□ No Bread

CHEESE:
□ Cheddar 110cal
□ Goat Cheese 70cal
□ Havarti 120cal
□ Provolone 100cal
□ Swiss 110cal
□ Cream Cheese 100cal
□ Extra Cheese Add .50 70-110cal

□ VEGGIE 6.99
□ Grilled Veggies 45cal
□ Field Roast 130cal

SAUCE IT UP:
□ Dijon Mustard 30cal
□ Herb Hummus 40cal
□ Horseradish 15cal
□ Low Fat Vegan Mayonnaise 35cal
□ Mayonnaise 100cal
□ Pesto Mayonnaise 100cal
□ Red Wine Vinaigrette 90cal
□ Yellow Mustard 10cal

SELECT YOUR VEGGIES:
□ Avocado Add .50 90cal
□ Leaf Lettuce 0cal
□ Roasted Red Peppers 10cal
□ Sliced Cucumbers 0cal
□ Sliced Tomatoes 10cal
□ Red Onion 10cal
□ Pickle Spear 5cal

2,000 calories a day is used for general nutrition advice, but nutrition needs vary. Additional nutrition information available upon request.

P.S. 5/31