

SANDWICH

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 1.00 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.