SANDWICH

NAME
☐ HERE  ☐ TO GO  ☐ TOASTED

SIGNATURE SANDWICHES
☐ BLT
Beeler’s bacon, tomato, avocado, spinach and chipotle aioli on toasted New Seasons Market sourdough bread.  7.99  590cal

☐ SMOCKED TURKEY BACON HAVARTI
Diestel smoked turkey, Beeler’s bacon, pesto aioli, Havarti cheese, roasted red pepper and lettuce on a New Seasons Market Sicilian bread.  8.99  730cal

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

☐ PORKY FRESCO
Juicy pulled pork topped with pickled onions, parsley scallion sauce and queso fresco on a buttered New Seasons Market ciabatta.  8.99

☐ VEGAN SMOKY FROAST
Smoked Tomato Field Roast, spinach, pickled onion, Mama Lil’s peppers, avocado, vegan Chao slices and vegan chipotle aioli on New Seasons Market ciabatta.  8.99  680cal

☐ REUBEN
Thinly sliced, non-GMO 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

BREAD:
☑ Whole Wheat  270cal
☑ Sourdough  230cal
☑ Rye  250cal
☑ Ciabatta Roll  230cal
☑ Hoagie Roll  250cal
☑ Gluten-Free Bun  1.00 200cal
☑ Sicilian  270cal
☑ No Bread

SAUCE IT UP:
☑ Dijon Mustard  30cal
☑ Herb Hummus  40cal
☑ Horseradish  15cal
☑ Just Mayo  90cal
☑ Mayonnaise  100cal
☑ Pesto Aioli  100cal
☑ Red Wine Vinaigrette  90cal
☑ Yellow Mustard  10cal
☑ Vegan Chipotle Aioli

PROTEIN  7.99
☑ Ham  120cal
☑ Roast Beef  120cal
☑ Non-GMO Herb Roasted Chicken Breast  60cal
☑ Oven Roasted Diestel Turkey  90cal
☑ Tuna Salad  210cal
☑ Chicken Salad  70cal
☑ Vegan Field Roast  130cal

SELECT YOUR VEGGIES:
☑ Leaf Lettuce  0cal
☑ Spinach  0cal
☑ Roasted Red Peppers  10cal
☑ Mama Lil’s Peppers  10cal
☑ Sliced Cucumbers  0cal
☑ Sliced Tomatoes  10cal
☑ Red Onion  10cal
☑ Pickle Spear  5cal
☑ Pickled Onions  20cal

CHEESE:
☑ Cheddar  110cal
☑ Goat Cheese  70cal
☑ Havarti  120cal
☑ Provolone  100cal
☑ Swiss  110cal
☑ Cream Cheese  100cal
☑ Vegan Chao Slices  120cal

ADD ONS:
☑ Add Bacon  +1.00  110cal
☑ Extra Cheese  +.50 70-110cal
☑ Add Avocado  +.50 90cal
☑ Extra Meat  +2.99 90-120cal

SPECIAL INSTRUCTIONS:

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