



SANDWICHES & WRAPS

MALIBU

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

\$8.95 800 CALS

ITALIAN GRINDER

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

\$8.95 920 CALS

BEAN SCENE VG

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

\$8.25 520 CALS

AVO TUNA MELT

tuna salad, muenster cheese, arugula, tomato, avocado, sourdough

\$8.75 690 CALS

TBA NEW

turkey, bacon, avocado, white cheddar, lettuce, tomato, garlic aioli, french roll

\$8.95 650 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

SCAMPI FLATBREAD

marinated shrimp, crushed pepper, mozzarella, torn basil, flatbread

\$9.50 740 CALS



COLBY

roasted turkey, colby jack cheese, lettuce, tomato, cucumber, avocado, honey mustard, toasted french roll

\$8.50 580 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.