



CHOICE GREENS



fresh chopped salads • sandwiches • panini

Design Your Own Salad \$6.99

STEP 1: CHOOSE YOUR LETTUCE

- iceberg
- romaine
- spinach
- spring mix

STEP 2: CHOOSE UP TO 5 "CHOPPINGS"

Each additional chopping 59¢

- anchovies
- apples
- artichoke hearts
- asparagus
- (+50¢) • avocado
- (+50¢) • bacon (peppered)
- beets
- bell peppers (mixed)
- black beans
- black olives
- broccoli
- carrots
- cauliflower

- celery
- chickpeas
- chinese noodles
- corn
- croutons
- cucumber
- dried cranberries
- grapes
- hard boiled egg
- hearts of palm
- jalapenos
- jicama
- kalamata olives

- mandarin oranges
- mushrooms
- peas
- pepperoncini
- radishes
- raisins
- red onion
- roasted red peppers
- snow peas
- sprouts
- sun dried tomatoes
- tomatoes
- tortilla strips

CHEESES

- bleu cheese crumbles
- cheddar
- feta
- provolone
- shaved parmesan
- swiss

NUTS

- almonds
- caramelized walnuts
- pine nuts
- pumpkin seeds
- sunflower seeds

STEP 3: CHOOSE YOUR PROTEIN

(Optional)

- | | |
|-----------------------------------|--|
| • grilled chicken. \$2.00 | • shrimp. \$2.00 |
| • turkey. \$2.00 | • baked tofu. \$2.00 |
| • ham \$2.00 | • albacore tuna. \$2.00 |
| • genoa salami. \$2.00 | • homemade albacore tuna salad. \$2.00 |
| • grilled steak \$3.95 | • homemade chicken salad. \$2.00 |

STEP 4: CHOOSE YOUR DRESSING

- | | | |
|------------------------------|-----------------------------|--|
| • balsamic vinaigrette | • hot thai peanut | • fat-free raspberry vinaigrette |
| • barbecue ranch | • la scala vinaigrette | • fat-free roasted red bell pepper italian |
| • chinese chicken salad | • mango curry | • fat-free caesar |
| • cilantro | • olde san francisco french | • fat-free asian |
| • classic chunky bleu cheese | • olde venice italian | • reduced calorie buttermilk ranch |
| • classic caesar | • ranch | • reduced calorie honey dijon |
| • feta cheese vinaigrette | • salsa ranch | • reduced calorie roasted garlic vinaigrette |
| • honey mustard | • thousand island | • oil and vinegar |
| • honey poppy seed fruit | | |

All salads served with bread

CHOPPED CLASSICS

(No substitutions please)

ASIAN	spring mix, chinese noodles, broccoli, snow peas, almonds, mandarin oranges, with chinese salad dressing.	\$6.99
BBQ RANCH	iceberg lettuce, grilled chicken, cheddar cheese, corn, tortilla strips, black beans, red onion, with barbecue ranch dressing	\$8.99
CHICKEN CAESAR	romaine lettuce, grilled chicken, shaved parmesan cheese, croutons, pumpkin seeds, with caesar dressing.	\$8.29
COBB	iceberg lettuce, grilled chicken, bleu cheese crumbles, avocado, peppered bacon, cheddar cheese, black olives, tomatoes, hard-boiled egg, with ranch dressing.	\$9.29
MEDITERRANEAN	romaine lettuce, feta cheese, red onion, sun-dried tomatoes, kalamata olives, cucumber, roasted red peppers, with feta cheese vinaigrette dressing.	\$7.59
ORCHARD APPLE	spinach, blue cheese crumbles, apples, dried cranberries, caramelized walnuts, with fat-free raspberry vinaigrette.	\$6.99
SOUTHWEST CHICKEN	romaine lettuce, grilled chicken, cheddar cheese, avocado, black olives, tortilla strips, tomatoes, black beans, with salsa ranch dressing.	\$9.29

SOUP

(12oz. portion served in pewter tureen)

VEGETABLE (vegetarian)	\$3.50
TORTILLA	\$3.50
ROASTED GARLIC TOMATO	\$3.50
ROASTED CORN CHOWDER W/ POBLANO CHILES	\$3.50
ADD A 1/2 SOUP TO ANY SALAD, SANDWICH, OR PANINI.		\$1.75

SANDWICHES

(Includes Chips or Apple Slices / Substitute Pasta Salad or Coleslaw for 75¢)

Breads Available: Artisan Italian, Nine-Grain, Marble Rye, and Asiago Pepper.

BUILD-YOUR-OWN SANDWICH	ham, turkey, or roast beef (+75¢), choice of cheese, romaine lettuce, tomato, mayonnaise or spicy brown mustard, on choice of bread.	\$6.99
1/2 BUILD-YOUR-OWN SANDWICH WITH 12 OZ. SOUP		\$6.99
VIC'S ITALIAN	capacolla, genoa salami, pepperoni, provolone cheese, romaine lettuce, tomato, red onion, italian dressing, on artisan italian bread.	\$7.29
BIG BEEF	roast beef, provolone cheese, romaine lettuce, roasted red peppers, red onion, mayonnaise, on artisan italian bread	\$7.29
TURKEY CLUB	turkey, peppered bacon, white american cheese, romaine lettuce, tomato, mayonnaise, on artisan italian bread.	\$7.49
TUNA SALAD	homemade albacore tuna salad, romaine lettuce, tomato, red onion, sprouts, on nine-grain bread	\$6.79
CHICKEN SALAD	homemade chicken salad, romaine lettuce, tomato, sprouts, on artisan italian bread.	\$6.79
THE ROMAN	chicken breast, artichoke hearts, goat cheese, roasted red peppers, olive oil, on asiago pepper bread.	\$7.59
VEGGIE CLASSIC	cucumber, sprouts, tomato, red onion, roasted red peppers, provolone cheese, romaine lettuce, cilantro dressing, on nine-grain bread.	\$6.79

————— ADD A 1/2 SOUP TO ANY SALAD, SANDWICH, OR PANINI FOR \$1.75 —————

PANINI

(Includes Chips or Apple Slices / Substitute Pasta Salad or Coleslaw for 75¢)

CB/RYE REUBEN	corned beef, swiss cheese, sauerkraut, spicy brown mustard, on marble rye bread.	\$7.09
BBQ CHICKEN	chicken breast, peppered bacon, cheddar cheese, red onion, barbecue sauce, on ciabatta.	\$7.59
AVOCADO CLUB	turkey, peppered bacon, cream cheese, avocado, sprouts, on ciabatta	\$7.59
THE GOBLER	turkey, dried cranberries, spinach, cream cheese, on ciabatta	\$7.29
THE BLT	peppered bacon, romaine lettuce, tomato, mayonnaise, on ciabatta	\$6.09
BEEF & CHEDDAR	roast beef, cheddar cheese, red onion, chipotle lime mayo spread, on ciabatta.	\$7.89
ASIAGO STEAK	grilled steak, provolone cheese, red onion, barbecue sauce, on asiago pepper bread	\$8.29
THE CAPRESE	fresh mozzarella, spring mix, tomato, sundried tomato spread, olive oil, on ciabatta	\$7.29
TWO CHEESE GRILLED CHEESE	white american and cheddar cheese, on marble rye bread (add tomato for 50¢; add peppered bacon for \$1.00)	\$4.99
	TWO CHEESE GRILLED CHEESE WITH 6 OZ. ROASTED GARLIC TOMATO SOUP.	\$6.75

KID'S CORNER

10 years & younger

(includes kid's-sized drink or milk / sandwiches include chips or apple slices / Substitute Pasta Salad or Coleslaw for 75¢)

CUSTOM SALAD	choice of lettuce, 3 choppings, and dressing (add protein for \$1.00).	\$3.99
PB&J	peanut butter, grape jelly, on kid-sized artisan italian bread.	\$3.69
GRILLED CHEESE	white american cheese on kid-sized artisan italian bread	\$3.50
BUILD-YOUR-OWN SANDWICH	turkey, ham, or roast beef (+50¢), choice of cheese, romaine lettuce, tomato, mayonnaise or spicy brown mustard, on choice of kid-sized bread.	\$3.99

BEVERAGES

SODA coke classic, diet coke, sprite, diet sprite, dr. pepper, root beer, cherry coke.	\$1.65
ICED TEA (regular & herbal)	\$1.65
LEMONADE	\$1.65

BOTTLED BEER

MILLER GENUINE DRAFT & MILLER LITE	\$2.50
FAT TIRE	\$3.50
CORONA	\$3.50

WINE

CHARDONNAY	\$3.50
MERLOT	\$3.50
WHITE ZINFANDEL	\$3.50

SIDES

BOTTLED WATER	\$1.59	HOMEMADE ALBACORE TUNA SALAD	\$2.00
S. PELLEGRINO	\$2.99	HOMEMADE CHICKEN SALAD	\$2.00
MILK 2%	\$1.59	PASTA SALAD	\$1.09
V-8	\$1.99	COLESLAW	\$1.09
COFFEE	\$1.59	APPLE SLICES	99¢
HOT TEA	\$1.59	CHIPS (assorted flavors)	99¢

DESSERTS

CHOCOLATE CHUNK COOKIE	\$1.75
OATMEAL RAISIN COOKIE	\$1.75
BROWNIE	99¢
LEMON BAR	\$2.69

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