



SANDWICHES AND WRAPS

HAM MELT

smoked ham, nacho cheese, red onion on a pretzel bun

\$6.50 | 430 CALS

VEGAN TOASTED BRUSCHETTA ^{VG}

spinach, tomato, onion, italian seasoning, balsamic glaze on sour dough

\$5.50 | 270 CALS

SPICY PESTO FLATBREAD

Jalapeno pesto, mozzarella cheese, grape tomatoes, roasted red peppers, flatbread

\$6.50 | 540 CALS

MAKE ANY SANDWICH VEGAN ^{VG}

switch to vegan friendly options for any sandwich
+\$2.00

FEATURED

APPLE TOCINO

crispy bacon, smoked gouda cheese, granny smith apple pico, baby spinach, honey mustard, pretzel bun

\$8.25 | 580 CALS



OFF TO THE RIGHT START

CAJUN SHRIMP WRAPS ^{GF}

cajun seasoned shrimp, remoulade sauce, sliced cucumbers, red onion, parsley, romaine lettuce leaves

\$8.00 | 460 CALS

POPULAR

MALIBU

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

\$8.50 | 800 CALS

MARK CUBANA

roasted chicken, applewood smoked bacon, black bean spread, avocado, chihuahua cheese, chipotle aioli, spinach tortilla

\$8.50 | 920 CALS

SPICY ITALIAN

ham, pepperoni, salami, lettuce, tomato, red onion, giardinera peppers, red wine vinaigrette, crusty french bread

\$8.25 | 920 CALS

SIDES

ADD MEAT ^{GF DF}
\$2.25

ADD BACON (2) ^{GF DF}
\$2.25

ADD AVOCADO ^{VG GF DF}
\$1.50

ADD CHEESE ^{V GF}
\$1.25

BREAD SUBSTITUTE

for any sandwich, bread can be substituted with gluten-free (**GF**) 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.