SANDWICHES AND WRAPS

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

$7.75 | 800 CALS

TURKEY APPLE WALNUT
roasted turkey, smoked gouda, granny smith apples, mixed greens, walnut aioli, harvest wheat bread

$7.50 | 590 CALS

CHICKPEA & CAULIFLOWER
shawarma roasted cauliflower, chickpeas, cucumbers, red onions, spinach, red pepper coulis, spinach tortilla

$7.25 | 500 CALS | VG

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

$7.75 | 920 CALS

JALAPENO ROAST BEEF
roast beef, cheddar cheese, arugula, tomato, caramelized onion, jalapeno pesto, pretzel bun

$7.75 | 610 CALS

FEATURED

COUNTRY HAM
ham, goat cheese, sliced apple, arugula, honey & lemon vinaigrette, crusty french bread

$7.25 | 720 CALS

OFF TO THE RIGHT START

COOL BEANS
black bean spread, red cabbage, corn, red peppers, green onions, pepita goddess sauce, pita

$7.00 | 360 CALS | VG GF

SIDE ITEMS

ADD MEAT	ADD BACON (2)	ADD AVOCADO	ADD CHEESE
$2.25	$2.00	$1.25 | VG	$1.00 | V

BREAD AND WRAP SUBSTITUTES

substitute with gluten-free (GF) bread or make it into a honey-wheat wrap

V-VEGETARIAN VG-VEGAN GF-GLUTEN FREE DF-DAIRY FREE

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.