

SPRING SPECIALS

Available for a limited time

FLATBREADS

Spinach Carbonara

Organic Alfredo sauce, spinach, applewood smoked bacon, Roma tomatoes topped with Wisconsin mozzarella blend.

Serving Size 1 flatbread

Calories 490 Fat 27gr Sodium 800g Carbohydrates 43g Sugar 4g Protein 22g

Allergens: wheat, milk. May contain soy and sesame.

BBQ Chicken

House-made BBQ chicken, red onion, tomatoes and cheese.

Serving Size 1 flatbread

Calories 540 Fat 19gr Sodium 800g Carbohydrates 57g Sugar 13g Protein 34g

Allergens: wheat, milk. May contain soy and sesame.

Teriyaki Chicken

Low Sodium teriyaki sauce, caramelized onions and diced chicken topped with Wisconsin cheddar and mozzarella blend, green onions and toasted sesame seeds.

Serving Size 1 flatbread

Calories 490 Fat 18gr Sodium 990g Carbohydrates 49g Sugar 8g Protein 32g

Allergens: wheat, milk, soy, sesame.

HOT OFF THE PRESS

Chicken Cheddar Bacon

Grilled chicken, cheddar cheese, low sodium bacon and tomatoes on toasted bread.

Serving Size 1 sandwich

Calories 550 Fat 33gr Sodium 610g Carbohydrates 22g Sugar 3g Protein 28g

Allergens: milk, wheat.

Tuna Melt

Tuna salad with cheddar cheese and tomatoes served on toasted bread.

Serving Size 1 sandwich

Calories 360 Fat 14gr Sodium 700g Carbohydrates 32g Sugar 4g Protein 26g

Allergens: milk, wheat, egg, fish.

Reuben or Rachel

Choice of corned beef or low sodium turkey on rye bread with Swiss, sauerkraut and stone ground mustard.

Serving Size 1 sandwich

Calories 420 Fat 15gr Sodium 1280g Carbohydrates 32g Sugar 3g Protein 39g

Allergens: milk, wheat.

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Additional Toppings 25¢ each

Jack Burger

Grass fed patty topped with house-made BBQ sauce, dill pickles and pepper jack on a toasted roll. Served with lettuce, tomato, grilled onion and smoky Campfire sauce on the side.

Calories 660 Fat 35gr Sodium 470g Carbohydrates 56g Sugar 6g Protein 32g

Allergens: wheat, milk.

Texas Patty Melt



Grass fed patty topped with sautéed mushrooms, onions, Swiss and A-1 steak sauce on toasted bread.

Calories 470 Fat 26gr Sodium 840g Carbohydrates 31g Sugar 7g Protein 33g

Allergens: wheat, milk.

Mushroom & Swiss Burger

Grass fed patty topped with sautéed mushrooms and Swiss cheese on a toasted roll. Served with lettuce, tomato, grilled onion and Chive sour cream on the side.

Calories 620 Fat 31gr Sodium 190g Carbohydrates 52g Sugar 4g Protein 37g

Allergens: milk, wheat.

Avocado Bacon Grilled Cheese

Cheddar cheese, sliced tomatoes, low sodium bacon and avocado on toasted bread.

Calories 430 Fat 25gr Sodium 740g Carbohydrates 33g Sugar 4g Protein 20g

Allergens: milk, wheat.

Buffalo Chicken Sandwich

Grilled chicken tossed in house-made buffalo sauce. Served on a toasted roll with lettuce, tomato, grilled onion and bleu cheese dressing on the side.

Calories 470 Fat 16gr Sodium 830g Carbohydrates 49g Sugar 2g Protein 34g

Allergens: wheat, milk, soy, fish,

Chicken Fajita Quesadilla



Grilled chicken, onions, peppers and cheddar cheese in a whole grain tortilla. Served with Pico and chive sour cream on the side.

Calories 480 Fat 20gr Sodium 660g Carbohydrates 41g Sugar 8g Protein 33g

Allergens: wheat, milk, soy.

Black Bean & Corn Quesadilla

Black beans, peppers, onions, avocado and corn with cheddar cheese in a whole grain tortilla. Served with Pico and chive sour cream on the side.

Calories 530 Fat 25gr Sodium 740g Carbohydrates 57g Sugar 9g Protein 20g

Allergens: wheat, milk, soy.