

# WINTER SPECIALS

Available for a limited time

## FLATBREADS

### Goat Cheese & Caramelized Onion



Topped with arugula and balsamic reduction. Additional toppings 25¢ each

Serving Size 1 flatbread

Calories 360 Fat 17gr Sodium 490g Carbohydrates 45g Sugar 5g Protein 12g

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

### BBQ Hawaiian

House-made BBQ, ham, pineapple, low sodium bacon and cheese. Additional toppings 25¢ each

Serving Size 1 flatbread

Calories 520 Fat 27gr Sodium 970g Carbohydrates 45g Sugar 8g Protein 25g

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

### Chicken Bacon Alfredo

Organic Alfredo sauce, diced chicken, spinach, Roma tomatoes topped with Wisconsin shredded mozzarella blend. Additional toppings 25¢ each

Serving Size 1 flatbread

Calories 400 Fat 21gr Sodium 720g Carbohydrates 31g Sugar 3g Protein 27g

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

## HOT OFF THE PRESS

### Ham & Pear

Low sodium ham with Swiss, fresh pears and topped with maple Dijon mayo on organic multi-grain bread.

Serving Size 1 sandwich - plain

Calories 420 Fat 16gr Sodium 660g Carbohydrates 44g Sugar 12g Protein 24g

Allergens: egg, milk, wheat

### Turkey & Cranberry



Low sodium turkey with provolone, house made cranberry mustard on organic multi-grain bread.

Serving Size 1 sandwich

Calories 320 Fat 8gr Sodium 610g Carbohydrates 36g Sugar 6g Protein 25g

Allergens: milk, wheat

### 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

## Pesto Chicken Sandwich



With provolone & Roma tomatoes on toasted bread.

Serving Size 1 sandwich

Calories 440 Fat 20gr Sodium 480g Carbohydrates 27g Sugar 2g Protein 25g

Allergens: wheat, milk, tree nuts.

## Pico Burger

Grass fed patty topped with pepperjack, guacamole and pico de gallo served on a toasted potato roll.

Serving Size 1 sandwich

Calories 560 Fat 31gr Sodium 800g Carbohydrates 39g Sugar 6g Protein 34g

Allergens: wheat, milk.

## Pizza Chicken Sandwich

Grilled chicken topped with our House-made pizza sauce, mozzarella and pepperoni.

Serving Size 1 sandwich

Calories 450 Fat 15gr Sodium 730g Carbohydrates 40g Sugar 7g Protein 27g

Allergens: wheat, milk.

## Sauerkraut Burger

Grass fed patty topped with sauerkraut and Swiss cheese. Served with lettuce, tomato, grilled onion and House-made burger spread on the side. Additional toppings 25¢ each

Serving Size 1 sandwich

Calories 530 Fat 26gr Sodium 530g Carbohydrates 41g Sugar 6g Protein 34g

Allergens: milk, wheat

## Chicken Cordon Bleu



Grilled chicken, Swiss cheese, Low sodium ham with house-made horseradish mayo on toasted bread.

Serving Size 1 sandwich

Calories 410 Fat 17gr Sodium 560g Carbohydrates 26g Sugar 3g Protein 28g

Allergens: milk, wheat

## Cowboy Burger

Grass fed patty topped with Applewood smoked bleu cheese, low sodium bacon, caramelized onions on a toasted potato roll with our House-made BBQ sauce. Served with lettuce and tomato on the side.

Serving Size 1 sandwich

Calories 640 Fat 36gr Sodium 690g Carbohydrates 47g Sugar 11g Protein 34g

Allergens: milk, wheat