

# SUMMER GRILL SPECIALS

Available for a limited Time  
Additional toppings 25¢ each

## **Pesto Chicken Sandwich** **\$2.75**

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.

## **Black Bean Burger** **\$3.50**

Black bean burger patty topped with pepper jack, guacamole and Pico de Gallo served on a toasted roll.

**Serving Size:** 1 sandwich

**Calories** 530 **Fat** 15gr **Sodium** 900g **Carbohydrates** 75g **Sugar** 2g **Added Sugar** 0g **Protein** 23g

**Allergens:** wheat, soy, milk.

**Contains bell pepper**

## **Cranberry Brie Chicken** **\$3.25**

Grilled chicken with creamy brie cheese, cranberry sauce and fresh arugula on a toasted roll.

**Serving Size:** 1 sandwich

**Calories** 450 **Fat** 14gr **Sodium** 550g **Carbohydrates** 43g **Sugar** 10g **Protein** 24g

**Allergens:** wheat, milk.

## Breakfast Burger

**\$4.50**

Grass fed patty topped with fried egg, cheddar cheese and low sodium bacon on toasted English muffin bread.

**Serving Size:** 1 sandwich

**Calories** 840 **Fat** 36gr **Sodium** 990g

**Carbohydrates** 50g **Sugar** 2g **Protein** 55g

**Allergens:** milk, wheat, soy, egg. **Contains Pork**

## Cowboy Burger

**\$3.75**

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.

**Serving Size:** 1 sandwich

**Calories** 640 **Fat** 36gr **Sodium** 690g **Carbohydrates**

47g **Sugar** 11g **Protein** 34g

**Allergens:** milk, wheat, soy.

## BBQ Bacon Burger

**\$3.75**

Grass fed patty topped with cheddar cheese, low sodium bacon on a toasted potato roll with ranch and our House-made BBQ sauce.

**Serving Size:** 1 sandwich

**Calories** 790 **Fat** 45gr **Sodium** 510g **Carbohydrates**

57g **Sugar** 6g **Total Sugar** 10g **Protein** 44g

**Allergens:** milk, soy, wheat. **Contains Pork**

## Chipotle Bison Burger

**\$4.75**

Silver Bison Ranch patty topped with sautéed mushrooms, bell peppers, low sodium bacon, fried egg and chipotle mayonnaise on a toasted potato roll.

Cooked to Order - approx. 10 minutes

**Serving Size:** 1 sandwich

**Calories** 750 **Fat** 41gr **Sodium** 590g **Carbohydrates**

48g **Sugar** 1g **Added Sugar** 0g **Protein** 46g

**Allergens:** wheat, egg, milk. **Contains Pork**

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## Flatbreads

### **Roasted Garlic White Chicken**     **\$2.75**

Organic Alfredo sauce, roasted garlic, diced chicken, red onions and herb seasoning topped with Wisconsin shredded mozzarella blend.

**Serving Size** 1 flatbread

**Calories** 440 **Fat** 17gr **Sodium** 790g **Carbohydrates** 43g

**Sugar** 4g **Added Sugar** 0g **Protein** 23g

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

### **Buffalo Chicken**     **\$3.00**

Buffalo sauce, diced chicken and red onion topped with Wisconsin shredded mozzarella blend and blue cheese.

**Serving Size** 1 flatbread

**Calories** 490 **Fat** 22gr **Sodium** 1420g **Carbohydrates** 44g

**Sugar** 4g **Added Sugar** 1g **Protein** 29g

**Allergens:** wheat, milk, fish (anchovies). May contain soy and sesame.

### **Spinach Artichoke**     **\$2.75**

Organic Alfredo sauce, artichoke hearts, spinach and tomatoes topped with Wisconsin mozzarella blend.

**Serving Size** 1 flatbread

**Calories** 390 **Fat** 15gr **Sodium** 760g **Carbohydrates** 45g

**Sugar** 3g **Protein** 8g

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

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## Hot off the Press

### Turkey Bacon Avocado **\$3.50**

Low sodium deli turkey & bacon, provolone cheese, tomatoes, red onion and avocado with mustard sauce on organic multi-grain bread.

**Serving Size** 1 sandwich

**Calories** 620 **Fat** 36gr **Sodium** 930g **Carbohydrates** 44g

**Sugar** 6g **Added Sugar** 1g **Protein** 32g

**Allergens:** egg, milk, wheat.

### Strawberry, Brie & Turkey **\$3.25**

Brie, red pepper jelly, low sodium deli turkey, fresh sliced strawberries and julienned basil on toasted bread.

**Serving Size** 1 sandwich

**Calories** 310 **Fat** 10gr **Sodium** 760g **Carbohydrates** 34g

**Sugar** 16g **Protein** 23g

**Allergens:** milk, wheat.

### Chicken Quesadilla **\$3.00**

Provolone, chicken strips, sautéed bell peppers and onion on a heart healthy tortilla.

**Calories** 430 **Fat** 18gr **Sodium** 820g **Carbohydrates** 34g

**Sugar** 4g **Protein** 30g

**Allergens:** milk, wheat, soy.

### Eatery Club **\$3.00**

Low sodium deli turkey & ham with Cheddar, tomatoes, bacon, mayo and our house-made BBQ sauce on white bread.

**Serving Size** 1 sandwich

**Calories** 340 **Fat** 13gr **Sodium** 800g **Carbohydrates** 33g

**Sugar** 6g **Added Sugar** 1g **Protein** 21g

**Allergens:** egg, milk, wheat. **Contains Pork**