

# SUMMER SPECIALS

Available for a limited time  
Additional Toppings 25¢ each

## FLATBREADS

### Roasted Garlic White Chicken

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 Protein 28g

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

### Buffalo Chicken

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 Protein 29g

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

### Spinach Artichoke

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

Serving Size 1 flatbread

Calories 390 Fat 15gr Sodium 760g Carbohydrates 45g Sugar 3g Protein 18g

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

## HOT OFF THE PRESS

### Turkey Bacon Avocado

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 4g Protein 32g

Allergens: milk, wheat.

### Roast Beef Smoked Gouda

Red onion, smoked gouda cheese and deli roast beef on organic multi-grain bread.

Serving Size 1 sandwich

Calories 300 Fat 9gr Sodium 590g Carbohydrates 32g Sugar 3g Protein 22g

Allergens: milk, wheat.

### Strawberry, Brie & Turkey

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.

### Cheesesteak Quesadilla

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

Calories 520 Fat 28gr Sodium 890g Carbohydrates 36g Sugar 4g Protein 29g

Allergens: milk, wheat, soy.

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## Monterey Chicken

Grilled chicken, housemade low sodium BBQ sauce, cheddar cheese, low sodium bacon on a toasted roll. Served with lettuce, tomato & grilled onion.

Calories 530 Fat 20gr Sodium 660g Carbohydrates 46g Sugar 10g Protein 28g

Allergens: milk, wheat.

## Cranberry Brie Chicken

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

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

Allergens: wheat, milk.

## Grilled Chicken Parmesan

Parmesan and herb crusted roll with grilled chicken, housemade marinara sauce and provolone cheese.

Calories 480 Fat 21gr Sodium 670g Carbohydrates 34g Sugar 3g Protein 27g

Allergens: milk, wheat.

## Sriracha Burger

Grass fed patty topped with pepper jack cheese and fresh shredded cabbage on a toasted roll. Served with housemade sriracha mayonnaise on the side.

Calories 600 Fat 31gr Sodium 560g Carbohydrates 50g Sugar 3g Protein 32g

Allergens: wheat, milk, egg.

## BBQ Pineapple Burger

Grass fed patty topped with pepper jack cheese, grilled pineapple ring, avocado slices and drizzled with housemade Pineapple BBQ sauce on a toasted roll.

Calories 730 Fat 39gr Sodium 230g Carbohydrates 67g Sugar 13g Protein 33g

Allergens: wheat, milk.