# **Spring Specials Flathreads**

Available for a limited Time

#### Mexican

\$3.00

House-made refried beans. Pico de Gallo and chorizo sausage topped with Wisconsin mozzarella blend, diced avocado and shredded lettuce.

Calories 550 Fat 34gr Sodium 1170g Carbohydrates 35g Sugar 3g Added Sugar Og Protein 27g

Allergens: wheat, milk. May contain soy, sesame. Contains Pork

#### **BBQ Hawaiian**

\$2.75

House-made BBQ, ham, pineapple, low sodium bacon and topped with Wisconsin mozzarella blend

Calories 530 Fat 28gr Sodium 970g Carbohydrates 43g Sugar 8g Added Sugar 1g Protein 25g

Allergens: wheat, soy, milk. May contain soy, sesame. Contains Pork

# Spinach Carbonara healthy



\$2.50

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.

### Hot off the Press

#### Available for a limited Time

# Eatery Club healthy



\$3.00

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

Calories 340 Fat 13gr Sodium 800g Carbohydrates 33g Sugar 6g Added Sugar 1g Protein 21g

Allergens: egg, milk, wheat. Contains Pork

#### **Bacon Grilled Cheese**

\$3.00

Cheddar cheese, low sodium bacon, and tomatoes on organic multi-grain bread.

Calories 380 Fat 21gr Sodium 700g Carbohydrates 30g Sugar 3g Added Sugar Og Protein 18g

Allergens: milk, wheat. Contains Pork

#### Reuben or Rachel

\$3.25

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

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

Allergens: milk, wheat

### **Turkey Bacon Avocado**

\$3.25

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

Calories~620~Fat~36 gr~Sodium~930 g~Carbohydrates~44 g~Sugar~4 g

Protein 32g

Allergens: milk, wheat

Tuna Melt



\$3.00

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

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

Protein 26g

Allergens: milk, wheat, egg, fish

Additional toppings 25¢ each

## **Spring Specials**

Available for a limited Time. Additional toppings 25¢ each

Jalapeno Chicken Sandwich

\$3.25

With jalapeno cream cheese and low sodium bacon on a toasted potato roll.

Calories 570 Fat 24gr Sodium 550g Carbohydrates 46g Sugar 1g Added Sugar Og Protein 28g. Allergens: wheat, milk, soy. Contains Pork

# Pizza Chicken Sandwich healthy



\$3.25

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

Calories 450 Fat 15gr Sodium 730g Carbohydrates 40g Sugar 7g Protein 27g. Allergens: wheat, soy, milk. Contains Pork

#### **BBQ Ranch Chicken**

\$3.25

Grilled chicken with cheddar cheese, low sodium bacon on a toasted potato roll with ranch and our House-made BBQ sauce.

Calories 630 Fat 29gr Sodium 520g Carbohydrates 46g Sugar 2g Added Sugar 1g Protein 33g. Allergens: milk, soy, wheat. **Contains Pork** 

### Sauerkraut Burger

\$3.50

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

Calories 530 Fat 26gr Sodium 530g Carbohydrates 41g Sugar 6g Protein 34g. Allergens: milk, wheat

# Texas Patty Melt



Grass fed patty topped with 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.

### Casanova Burger

\$3.50

Grass fed patty topped with Swiss, low sodium ham, mushrooms with mustard mayo sauce served on a toasted potato roll.

Calories 660 Fat 35gr Sodium 480g Carbohydrates 47g Sugar 1g Protein 40g. Allergens: wheat, milk.

### 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

Calories 750 Fat 41gr Sodium 590g Carbohydrates 48g Sugar 1g Added Sugar Og Protein 46g. Allergens: wheat, egg, milk. Contains Pork

### **Black Bean Burger**

\$3.50

Black bean burger patty topped with pepperjack, guacamole and pico de gallo served on a toasted potato roll.

Calories 530 Fat 15gr Sodium 900g Carbohydrates 75g Sugar 2g Added Sugar Og Protein 23g. Allergens: wheat, soy, milk. Contains bell pepper