



HEALTHY ROBUST SALADS 5

	AVAILABLE OPTIONS
Caesar Salad	
our crisp lettuce, parmesan cheese, croutons and incredible caesar dressing	\$6.25
	Add Any Choice Chicken: \$7.25
Garden Salad	\$6.75
choose a little or a lot of veggies from above, you choose the dressing	
Turkey Breast Platter	\$7.99
oven-roasted turkey atop a garden salad, your choice of dressing	
Calorie Cruncher	\$7.99
steamed white meat chicken slivers atop a garden salad	
Chicken Supreme	\$7.99
choose from our garden selection and your choice of chicken and dressing	

OVERSTUFFED SANDWICHES 5

Blt	\$5.50
bacon, lettuce and tomato with mayo	
Garden Burger	\$5.99
original garden burger, lettuce, tomato, carrots and sprouts and yogurt dill dressing	
Veggie Melt	\$6.25
choose veggies, steamed to perfection and oozing with melted cheese	
Seafood Salad	\$6.25
fresh seafood meat with chopped spinach, tomatoes and carrots tossed with low-fat mayo	
Chunky Chicken Salad	\$6.25
our delicious chicken salad made with low-fat mayo, stuffed in a pita with lettuce, tomatoes and cucumber slices.	

OUTRAGEOUS WRAPS 5

Turkey	\$6.25
lettuce, tomato, carrots and cabbage with our delectable yogurt dill dressing	
Tuna Wrap	\$6.45
our yummie tuna, lettuce, tomato, sprouts and refreshing apple slices.	

Protein Wrap	\$6.25
chick peas, kidney beans, black beans, sprouts, carrots, lettuce, tomato, apple slices and yogurt dill	
Chicken Caesar Wrap	\$6.25
our homemade caesar dressing mixed with romaine, parmesan cheese, croutons, and natural grilled chix	
Chicken Parmigiana	\$6.45
breaded baked chicken cutlet with homemade tomato sauce and melted mozzarella	

STUPENDOUS SPUDS 5

Plain	\$2.75
choice of a sweet or baked potato	
Sour Cream And Chives	\$3.99
a huge potato overloaded with sour cream and chives.	
Traditional Spud	\$3.99
yummiie steamed broccoli and oozing cheddar cheese.	
Chili Cheese	\$5.50
a huge potato drenched with veggie chili and oozing with cheese.	
Veggie Spud	\$4.99
a huge potato crammed with assorted veggies; steamed or raw.	

QUICHE 5

Lorraine	\$4.99
Zucchini	\$4.99
Spinach And Mushroom	\$4.99
Spinach And Tomato	\$4.99
Broccoli And Cheddar	\$4.99