



GRAB & GO CHEF SPECIALS 07-26 • 07-30

Asian Noodle Bowl (V)

soy ginger marinated linguine, with bok choy, edamame, green onions diced red peppers, and peanuts \$7.95

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Turkey Avocado

provolone cheese, bacon, and mayo on a french baguette \$9.25

Sundried Tomato Penne Pasta

with red and yellow bell peppers, sundried tomato pesto and fresh parmesan cheese

sandwiches

chicken

Santa Fe Chicken roasted red peppers, melted cheddar, red pepper mayo, french baguette \$7.50

Traditional Chicken Salad field greens, tomatoes, french baguette \$7.50

Blackened Chicken Breast provolone cheese, roasted red peppers, red pepper mayo, french baguette \$7.95

Southwestern Wrap spicy chicken, jasmine rice, black bean & corn salsa, sundried tomato wrap \$7.25

Teriyaki Chicken Wrap grilled chicken, jasmine rice, pineapple salsa, oriental ginger dressing, garlic wrap \$7.25

Chicken Cordon Bleu grilled chicken, ham, swiss cheese, honey mustard, ciabatta bread \$7.95

croissant sandwiches

Egg Salad \$7.25

Chicken Salad \$7.95

Albacore Tuna Salad \$9.95

deli

Turkey and Provolone fresh basil mayo, roasted red peppers, french baguette \$7.25

Sammie Wammie turkey, thousand Island dressing, coleslaw, swiss cheese, ciabatta \$7.95

Ham & Swiss chipotle pepper & adobo mayo, field greens, tomatoes, ciabatta \$7.25

Roast Beef, Bacon & Cheddar premium roast beef, horseradish mayo, french baguette \$8.75

Italian Sandwich hard salami, feta, red onions, field greens, sundried tomato ciabatta, side of balsamic vinaigrette \$7.95

Club Sandwich roast beef, turkey, bacon, provolone, lettuce, tomato, horseradish mayo, french baguette \$8.95

Ham and Provolone honey mustard, field greens, multigrain ciabatta \$7.95

Carolina Style Pulled Pork In house smoked pork butt with Alabama white sauce and coleslaw on ciabatta \$8.25

vegan & vegetarian

Fresh Mozzarella tomatoes, basil mayo, cracked pepper & sea salt, ciabatta \$7.95

Grilled Vegetables seasonal grilled veggies, provolone, basil mayo, french baguette \$7.95

(V) Smoked Tempeh & Avocado lettuce, tomato, avocado, vegan mayo, french bread \$8.95

(V) Southwestern Vegan Burger roasted corn, peppers, onions, green chilies, jasmine rice, black beans, cilantro, tomatoes, field greens, avocado, vegan mayo, tomato wrap \$7.95

seafood

Albacore Tuna Salad celery, scallions, mayo, field greens, tomatoes, french baguette \$8.95

Tequila Lime Shrimp Wrap marinated shrimp, jasmine rice, zesty lime mayo, pineapple salsa, garlic wrap \$8.95

artisan salads & scoops

Signature Dressings: Balsamic Vinaigrette, Ranch, Honey Mustard, Bleu Cheese, Caesar, Cilantro Vinaigrette (V), Oriental Ginger, Italian Vinaigrette

Packets: FF Ranch, FF Italian, FF Raspberry Vinaigrette, French

Additions for Any Salad or Grab & Go Bowl: Grilled, Blackened or Santa Fe Chicken | Tofu D'Jour \$2.25 | Tequila Lime Shrimp \$5 | Grilled Veggies \$2.00

Baja Chicken Salad santa fe chicken breast, black bean & corn salsa, grape tomatoes, tri-color tortilla strips, cilantro vinaigrette \$8.95

Chinese Chicken Salad grilled chicken, oriental blend, red peppers, snow peas, green onion, black sesame seeds, wontons, ginger dressing \$8.95

Classic Caesar shaved parmesan, croutons, mediterranean pasta \$7.50 With blackened chicken \$8.95

Strawberry Bleu Salad strawberries, bleu cheese crumbles, spiced walnuts on a bed of field greens with balsamic vinaigrette \$8.95

Chicken Salad Plate chicken salad with fresh fruit & pasta d'jour \$8.95

Albacore Tuna Salad Plate albacore tuna salad with fresh fruit & pasta d'jour \$9.25

Traditional Chicken Salad Scoop with cracker packages \$3.95

Albacore Tuna Salad Scoop with cracker packages \$5.95

Egg Salad Scoop with cracker packages \$3.25

California Cobb turkey, bacon, grape tomatoes, boiled egg, bleu cheese, croutons, mixed greens, bleu cheese dressing \$9.95

Classic Chef turkey, ham, grape tomatoes, boiled egg, cucumbers, cheddar, homemade croutons, mixed greens, choice of dressing \$9.95

Greek Salad feta, sundried tomatoes, red onion, cucumbers, kalamata olives, red peppers, banana peppers, croutons, mixed greens, balsamic vinaigrette \$8.50

Fresh Garden Salad (V) mixed greens, cucumbers, grape tomatoes, croutons, choice of dressing \$6.50

Side Caesar romaine, parmesan cheese, croutons, served with caesar dressing \$4.50

Side Garden (V) mixed greens, cucumbers, grape tomatoes, croutons, choice of dressing \$4.95

accompaniments, desserts, beverages

We offer a wide range of Coca-Cola, San Pellagrino, Peak Teas & Honest Tea Products at every location. Individual Sodas/Teas \$2.25 ea
64oz Growlers: \$9.50 ea | Iced Tea or Lemonade | Available for Pick up or Delivery

ACCOMPANIMENTS \$2.75 ea

Coleslaw
Mediterranean Pasta
Fruit Salad (V)
Dill Potato Salad

CHIPS \$1.79 ea

Plain BBQ Funky Fusion
Sour Cream Salt & Pep Jalapeno
Maui Onion Salt & Vinegar
Plain Chip Bowl \$10.00

COOKIES \$1.79 ea

Chocolate Chip
Heath Bar
Cranberry Harvest
Cookie Box \$15.50

DESSERT BARS \$3.50 ea

Pecan Cappuccino
Luscious Lemon
Marble Cheesecake
Oreo Dream Bar

SIGNATURE DESSERTS

Rice Crispy Treat \$2.50
Italian Wedding Cake \$3.00
Peanut Butter Brownie \$3.00
Dessert Bar Platter \$28.00

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Please Allow Minimum of 45 Minutes - 1 Hour

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BE KIND**

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