



GRAB & GO CHEF SPECIALS 10-11 • 10-15

Vermicelli Rice Noodle Bowl (V)

with carrots, napa cabbage, red & yellow peppers zucchini, green onions, cilantro with a sesame-ginger dressing \$7.95

Broccoli Quiche

traditional style 6 inch quiche served with fresh fruit \$8.75

*PLEASE NOTE: QUICHE SENT OUT COLD

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Italian Veggie Sandwich

smoked gouda, red onions, grilled artichokes, banana peppers, spinach blend with Dijon mustard and drizzled with italian dressing on artisan baguette \$8.50

Chipotle Vegetable Pasta

red & yellow peppers, celery and capers tossed in a creamy chipotle dressing

sandwiches

chicken

Santa Fe Chicken roasted red peppers, melted cheddar, red pepper mayo, french baguette \$7.95

Traditional Chicken Salad field greens, tomatoes, french baguette \$7.95

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 \$7.75

Teriyaki Chicken Wrap grilled chicken, jasmine rice, pineapple salsa, oriental ginger dressing, garlic wrap \$7.75

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

croissant sandwiches

Egg Salad \$7.25

Chicken Salad \$8.50

Albacore Tuna Salad \$9.95

deli

Turkey and Provolone fresh basil mayo, roasted red peppers, french baguette \$7.95

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

Ham & Swiss chipotle pepper & adobo mayo, field greens, tomatoes, ciabatta \$7.95

Roast Beef, Bacon & Cheddar premium roast beef, horseradish mayo, french baguette \$9.25

Italian Sandwich hard salami, feta, red onions, field greens, sundried tomato ciabatta, side of balsamic vinaigrette \$8.25

Club Sandwich roast beef, turkey, bacon, provolone, lettuce, tomato, horseradish mayo, french baguette \$9.25

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 \$9.75

Tequila Lime Shrimp Wrap marinated shrimp, jasmine rice, zesty lime mayo, pineapple salsa, garlic wrap \$9.75

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 \$9.95

Chinese Chicken Salad grilled chicken, oriental blend, red peppers, snow peas, green onion, black sesame seeds, wontons, ginger dressing \$9.95

Classic Caesar shaved parmesan, croutons, mediterranean pasta \$7.95 With blackened chicken \$9.95

Strawberry Bleu Salad strawberries, bleu cheese crumbles, spiced walnuts on a bed of field greens with balsamic vinaigrette \$9.95

Chicken Salad Plate chicken salad with fresh fruit & pasta d'jour \$9.25

Albacore Tuna Salad Plate albacore tuna salad with fresh fruit & pasta d'jour \$10.25

Traditional Chicken Salad Scoop with cracker packages \$5.25

Albacore Tuna Salad Scoop with cracker packages \$6.25

Egg Salad Scoop with cracker packages \$3.25

California Cobb turkey, bacon, grape tomatoes, boiled egg, bleu cheese, croutons, mixed greens, bleu cheese dressing \$11.95

Classic Chef turkey, ham, grape tomatoes, boiled egg, cucumbers, cheddar, homemade croutons, mixed greens, choice of dressing \$11.95

Greek Salad feta, sundried tomatoes, red onion, cucumbers, kalamata olives, red peppers, banana peppers, croutons, mixed greens, balsamic vinaigrette \$8.95

Fresh Garden Salad (V) mixed greens, cucumbers, grape tomatoes, croutons, choice of dressing \$6.95

Side Caesar romaine, parmesan cheese, croutons, served with caesar dressing \$5.95

Side Garden (V) mixed greens, cucumbers, grape tomatoes, croutons, choice of dressing \$5.95

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 Maui Onion
Plain Chip Bowl \$10.00

COOKIES \$1.79 ea

Chocolate Chip
Heath Bar
Coconut Royale
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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