



SANDWICHES AND WRAPS

TURKEY JACK

roasted turkey, pepper jack cheese, leaf lettuce, pico de gallo, chipotle aioli, wheat tortilla

\$6.75 | 700 CALS

FALAFEL VG DF

mixed greens, falafel crumbles, roasted cauliflower, avocado, grape tomatoes, cucumbers, green onions, lemon tahini dressing

\$6.50 | 590 CALS

HARVEST VEGGIE VG DF

roasted red pepper hummus, baby spinach, tomato, avocado, pickled red onion, spinach tortilla

\$6.50 | 540 CALS

FEATURED

HAM & CHEDDAR

black forest ham, white cheddar cheese, butter croissant, lemon vinaigrette, arugula

\$6.50 | 560 CALS



OFF TO THE RIGHT START

WHIPPED FETA AVOCADO TOAST V

whipped avocado & feta, cherry tomatoes, arugula, lemon vinaigrette, 9 grain bread

\$4.50 | 380 CALS

POPULAR

MALIBU

roasted chicken, applewood smoked bacon, avocado, cheddar cheese, greens, tomato, caramelized onion aioli, ciabatta roll

\$6.75 | 800 CALS

MARK CUBANA

roasted chicken, applewood smoked bacon, black bean spread, avocado, chihuahua cheese, chipotle aioli, spinach tortilla

\$6.75 | 920 CALS

THE CHOPPED GF

romaine, chicken, bacon, avocado, tomato, blue cheese, green onions, corn, toritlla strips, citrus vinaigrette

\$6.95 | 550 CALS

SIDES

ADD MEAT GF DF
\$2.00

ADD CHICKEN GF DF
\$2.00

ADD BACON (2) GF DF
\$1.75

ADD AVOCADO VG GF DF
\$1.00

ADD CHEESE V GF
\$1.00

BREAD SUBSTITUTE

for any sandwich, bread can be substituted with gluten-free (**GF**) bread.

V-VEGETARIAN

VG-VEGAN

GF-GLUTEN FREE

DF-DAIRY FREE

CN-CONTAINS NUTS



THOROUGHLY COOKING FOODS OF ANIMAL ORIGIN SUCH AS BEEF, EGGS, FISH, LAMB, MILK, POULTRY OR SHELLFISH REDUCES THE RISK OF FOODBORNE ILLNESS INDIVIDUALS WITH CERTAIN HEALTH CONDITIONS MAY BE AT HIGHER RISK IF THESE FOODS ARE CONSUMED RAW OR UNDERCOOKED.



FOOD PREPARED MAY CONTAIN WHEAT, FISH, DAIRY, EGGS, SOY, & NUTS.