SANDWICHES
MUFFALETTA 100 cal..................................................$9.99
GENOA SALAMI, HAM, PROVOLONE, MOZZARELLA, TAPENADE, OLIVE SALAD ON PARINE BREAD
ROAST BEEF & CHEDDAR 550 cal................................$8.99
ROAST BEEF, CHEDDAR, LETTUCE, TOMATO, RED ONION, HORSERADISH MAYO ON FRENCH BREAD
TURKEY RUBEN 500 cal..............................................$7.99
TURKEY, SWISS, SAUERKRAUT, 1000 ISLAND DRESSING ON JEWISH RYE BREAD
CALI CHICKEN CLUB 680 cal.....................................$9.99
CHICKEN, APPLEWOOD BACON, LETTUCE, TOMATO, AVOCADO, MAYO ON MULTIGRAIN BREAD

GRILLED CHEESE

MAKE IT A COMBO!
GRILLED CHEESE + 8 OZ. SOUP FOR $8.99

HAM & SWISS 510 cal....................................................$7.99
HAM, SWISS CHEESE, AND MUSHROOM
PEAR & BRIE 300 cal....................................................$8.49
PEAR & BRIE CHEESE
THE ORIGINAL 300 cal...............................................$6.50
YOUR CHOICE OF CHEESE GOODNESS
THE TBD 340 cal..........................................................$7.99
TOMATO, BACON & CHEDDAR CHEESE

WRAPS

CHOOSE YOUR TORTILLA
FLOUR • WHOLE WHEAT • SPINACH • TOMATO BASIL

TURKEY CRANBERRY ON WHOLE GRAIN 350 cal...........$7.99
TURKEY, TOMATO, BABY SPINACH, DRIED CRANBERRY, BISTRO DRESSING, ON A WHOLE WHEAT TORTILLA
HUMUS AVOCADO VEGGIE WRAP 340 cal.......................$6.99
ROASTED VEGGIES, BRIE, HUMUS, LETTUCE, AVOCADO
QUINOA CUCUMBER SALAD WRAP 300 cal.....................$7.99
QUINOA, CUCUMBERS, RED ONION, RED PEPPER, DILL, LETTUCE
CHICKEN RIDDLE 330 cal.............................................$7.99
CHICKEN, BACON, FRESH MOZZARELLA, TOMATO, AVOCADO, LETTUCE, SRIRACHA MAYO

CHICKEN CAESAR 240 cal.............................................$6.99
CHICKEN, ROMAINE, PURPLE CABBAGE, CROUTONS, PARMESAN CHEESE, CAESAR DRESSING
FLANK STEAK, ARUGULA & GOAT CHEESE 440 cal........$8.99
FLANK STEAK, GOAT CHEESE, TOMATO, ARUGULA, PESTO (CONTAINS NUTS)

CREATE YOUR OWN

CREATE YOUR OWN SANDWICH MASTERPIECE
CHOICE OF MEAT, CHEESE, SPREAD & A VARIETY OF TOPPINGS FOR $7.99

BREADS
WHOLE WHEAT 120 cal • MULTIGRAIN 130 cal • 8 GRAIN 130 cal • MARBLE RYE 120 cal • WHITE FRENCH 240 cal • CIABATTA 370 cal • GLUTEN-FREE 140 cal

CHEESES
SWISS 70 cal • PROVOLONE 100 cal • ROASTED RED PEPPER 100 cal • BRIE 90 cal • MOZZARELLA 210 cal • CHEDDAR 150 cal

MENU ICON LEGEND

MINDFUL
CONTAINS LESS THAN OR EQUAL TO 300 CAL

VEGETARIAN
CONTAINS NO MEAT

VEGAN
CONTAINS NO MEAT OR DAIRY

EXTRA CHEESE $1.25 • EXTRA MEAT $2 • BACON (3 PIECES) $1.79
PESTO SAUCE $1 • FRESH FRUIT $1.19

CREATE YOUR OWN

1
CHOOSE YOUR BREAD
WHITE FRENCH 260 cal • WHOLE WHEAT 255 cal
MULTIGRAIN 220 cal • 8 GRAIN 160 cal
MARBLE RYE 165 cal • CIABATTA 210 cal • GLUTEN-FREE 140 cal

ADD SOME PROTEIN
HAM 60 cal • ROAST BEEF 120 cal • CORNED BEEF 210 cal
GRILLED CHICKEN 140 cal • GENOA SALAMI 280 cal • APPLEWOOD SMOKED BACON 465 cal • TURKEY 110 cal

LET'S GET CHEESY
SWISS 110 cal • PROVOLONE 100 cal • CHEDDAR 115 cal
PEPPER JACK 100 cal • FRESH MOZZARELLA 150 cal • BRIE 70 cal

SPREAD IT OUT
CHIPOTLE AIOLI 40 cal • SUNDRYED TOMATO AIOLI 85 cal
SRIRACHA AIOLI 90 cal • HORSERADISH MAYO 135 cal
OIL & VINEGAR 90 cal • CREOLE MUSTARD 10 cal • PESTO 150 cal

TOP IT OFF
EXTRA CHEESE $1.25 • EXTRA MEAT $2 • BACON (3 PIECES) $1.79
PESTO SAUCE $1 • FRESH FRUIT $1.19

MADE IN HOUSE WITH LOVE

FEATURING THUHRAN’S MEAT
NO HORMONES, ANTIBIOTICS, MSG, FILLERS OR ADDED SUGAR, CERTIFIED GLUTEN-FREE

TOP IT OFF
EXTRA CHEESE $1.25 • EXTRA MEAT $2 • BACON (3 PIECES) $1.79
PESTO SAUCE $1 • FRESH FRUIT $1.19
**SOUPS**

**SOUP DU JOUR**
8 oz. $4 | 12 oz. $6
140 - 450 CALORIES

**SALAD BAR**
BUILD-YOUR-OWN SALAD WITH A VARIETY OF GREENS & FRESH, LOCAL TOPPINGS & YOUR CHOICE OF DRESSING
DRESSINGS RANGE FROM 90 - 160 CAL

$5.99+

**ADD SOME PROTEIN!**

CHICKEN 140 cal $2.49 • BEEF $3.29 • TOFU $1.49
10 cal

**STIR-FRY**

BUILD-YOUR-OWN STIR-FRY CREATION

$6.99

**ADD SOME PROTEIN!**

CHICKEN 140 cal $2.49 • BEEF $3.29 • TOFU $1.49
10 cal

**JUICE BAR**

12 OZ JUICES

$6.99

FRESH SQUEEZED JUICES WHILE YOU WAIT

- CELERY APPLE JUICE 140 cal
- Apples, Celery, Ginger Root
- CUCUMBER DREAM 130 cal
- Cucumbers, Skim Milk, Apples, Lemon Juice
- RUBY RED 110 cal
- Strawberries, Carrots, Pineapples
- STRAWBERRY PASSION 150 cal
- Apples, Strawberries, Pineapples

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**LE GOURMET**

MONDAY - SATURDAY
11AM - 8PM
SUNDAY CLOSED

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SUGGESTIONS? COMMENTS?
CONTACT US!

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