Paninis

**Lone Star Chicken**
Grilled Chicken Breast, Turkey Bacon, Tomato, Black Beans, Cheddar/Jack Cheese & Ancho Chipotle Sauce

**Turkey & Mozzarella Panini**
Turkey Breast, Mozzarella Cheese, Sun-Dried Tomatoes, Basil & Brazilian Sauce

**Thai Chicken Panini**
Grilled Chicken Breast, Spinach, Brown Rice, Scallions, Peanuts & Thai Peanut Sauce

**Apollo Panini**
Artichoke Hearts, Mushrooms, Basil, Mozzarella Cheese & Creamy Pesto Sauce

**Buffalo Panini**
Grilled Chicken Breast, Cheddar/Jack Cheese, Celery, Blue Cheese Dressing & Frank’s Buffalo Wing Sauce

**Chicken Delicato Panini**
Grilled Chicken Breast, Mozzarella Cheese, Roasted Red Peppers & Creamy Pesto Sauce

<table>
<thead>
<tr>
<th>Panini</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lone Star Chicken</td>
<td>$6.59</td>
<td>680 CAL</td>
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<tr>
<td>Turkey &amp; Mozzarella Panini</td>
<td>$6.59</td>
<td>520 CAL</td>
</tr>
<tr>
<td>Thai Chicken Panini</td>
<td>$6.59</td>
<td>520 CAL</td>
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<tr>
<td>Apollo Panini</td>
<td>$6.59</td>
<td>440 CAL</td>
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<tr>
<td>Buffalo Panini</td>
<td>$6.59</td>
<td>600 CAL</td>
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<tr>
<td>Chicken Delicato Panini</td>
<td>$6.59</td>
<td>490 CAL</td>
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</tbody>
</table>

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.
GRILLED FLATBREAD

Bacon and Cheddar
Crumbled Bacon over Cheddar/Jack & Tomato Sauce

Pesto and Peppers
Green & Roasted Red Peppers, Mozzarella Cheese & Creamy Pesto Sauce

Spinach & Bacon
Spinach, Crumbled Bacon & Feta Cheese over Mozzarella Cheese & Creamy Pesto Sauce

Brazilian Chicken
Grilled Chicken over Mozzarella Cheese & Brazilian Sauce

Buffalo Chicken
Grilled Chicken over Mozzarella Cheese & Buffalo Sauce

Margherita
Tomato Sauce & Basil over Mozzarella Cheese & Tomato Sauce

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**NEW! Rustic Flatbread Pizzas**

- **BBQ Chicken & Scallions**
  - BBQ Sauce & Mozzarella Cheese,
    Topped with Grilled Chicken Breast & Scallions
  - $6.99  
  - 650 CAL

- **Meatball & Mushroom**
  - Tomato Sauce & Mozzarella Cheese,
    Topped with Meat Balls & Mushrooms
  - $7.99  
  - 780 CAL

- **Spinach & Artichoke**
  - Creamy Pesto & Mozzarella Cheese,
    Topped with Baby Spinach, Artichoke Hearts, Scallions & Feta Cheese
  - $7.99  
  - 760 CAL

- **Vegetable Confetti**
  - Salsa & Cheddar/jack Cheese, Topped with Sun-Dried Tomatoes, Mushrooms, Sweet Corn, Red Onion, and Green Pepper
  - $7.99  
  - 510 CAL

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Rice Bowls

**Black Beans & Rice**
- Black Beans over Brown Rice with Cheddar/Jack Cheese & Salsa
- $6.59
- 840 CAL

**Chicken Fajita**
- Grilled Chicken Breast over Brown Rice topped with Green Pepper, Red Onion, Cheddar/Jack Cheese & Salsa
- $6.99
- 750 CAL

**Southwest Veggie**
- Black Beans over Brown Rice topped with Tomato, Green Pepper, Scallions, Cheddar/Jack Cheese & Salsa
- $6.59
- 810 CAL

**Asian Chicken & Broccoli**
- Grilled Chicken Breast and Broccoli over Brown Rice topped with Mushrooms, Shredded Carrots, Scallions & Teriyaki Sauce
- $6.99
- 690 CAL

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QUESADILLAS

**Buffalo Quesadilla**
Grilled Chicken Breast, Red Onion, Celery, Cheddar/Jack Cheese, Light Sour Cream, Buffalo Wing Sauce
$6.59 510 CAL

**California Quesadilla**
Guacamole, Onion, Mushrooms, Sour Cream, Cheddar/Jack Cheese & Salsa
$6.59 500 CAL

**Chicken Fajita Quesadilla**
Grilled Chicken Breast, Peppers, Onion, Cheddar/Jack Cheese & Salsa
$6.59 510 CAL

**Thai Quesadilla**
Red Onion, Roasted Red Peppers, Broccoli Florets, Thai Peanut Sauce, Fresh Scallions, Peanuts & Cheddar /Jack Cheese
$6.59 575 CAL

**Brazilian Quesadilla**
Grilled Chicken Breast, Tomato, Red Onions, Melted Cheddar Jack Cheese and Brazilian Sauce topped with Fajita Seasoning
$6.59 540 CAL

NEW!

Contains Nuts

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