

### For Starters

- Spicy Shrimp** **SPICY** 6.95  
Shrimp & fresh garlic pan sautéed in olive oil, served with perfectly toasted panini bread.
- D.B's Bellas** 7.50  
Marinated portobello mushrooms sautéed in olive oil and garlic, sprinkled with feta cheese. Served with toast points.
- \*Kristen's\* Black Bean & Pepper Jack Quesadilla** 5.95  
Black beans and melted pepper jack cheese in a cheddar jalapeño wrap, served guacamole salad.
- Life Bite** 7.25  
Your choice of gourmet chicken, tuna or egg salad served with fresh seasonal fruit.
- \*Eddie's\* Arresting Nachos** **SPICY** 7.50  
Just short of being maced in the taste buds, these arresting nachos are made with savory ground beef, topped with lettuce, tomato, onions & a drizzle of jalapeño nacho cheese sauce.
- Fried Zucchini Sticks** 4.25  
Served with ranch for dipping.

### Lean & Green

All Salads are served on a bed of mixed greens.

- House Happy Heart** 5.95  
Topped with tomatoes, onion, cucumber, egg and mozzarella cheese, served with your choice of dressing.
- Cobb Salad** 7.25  
Turkey, ham, eggs, onion, bell peppers, tomato cucumber & cheese, served with your choice of dressing.
- Spinach Salad** 5.25  
Topped with eggs, red onion, feta and hot bacon dressing.
- Chicken Fajita Salad** 7.25  
A combination of chicken breast, bell peppers, jalapeños, onions & crunchy tortilla strips, dressed with chipotle ranch.
- Mega omega Salad** 6.25  
Beets, feta cheese & walnuts drizzled with olive oil & balsamic vinegar.
- \*Add your favorite** **+3.00**  
Add your choice of Chicken, Salmon, Tilapia, Shrimp or Portobello Mushrooms to any salad.

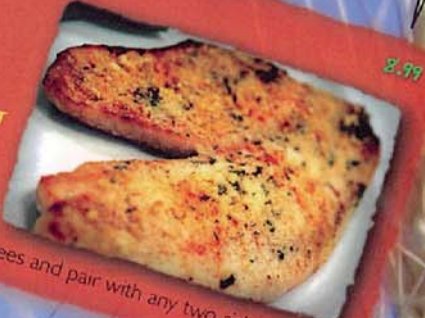
### The Health Club

- 6.95**  
Join our "Health Club" with your appetite, and enjoy some delicious turkey breast, turkey bacon, provolone cheese, lettuce, tomato and onion, with a spread of Dijon & lite mayo, all piled high on good ol' toasted wheat!
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### Pick and Pair

- SALMON
- TILAPIA
- TUNA CAKE
- SHRIMP
- CHICKEN BREAST
- CRISPY CHICKEN TENDERS



8.99  
Select one of our delicious entrees and pair with any two sides.

### Keep the Beat

Served with choice of one side. Condiments upon request.

- The original Garden Burger** 5.95  
Served on a multigrain bun with lettuce, tomato & onion.
- South of the Border Burger** **SPICY** 6.50  
Our Garden-burger topped with pepper-jack, guacamole, lettuce & jalapeños.
- Cattleman's Chicken** 6.00  
Boneless Skinless chicken breast on a multigrain bun with caramelized onions, cattleman's B.B.Q sauce, lettuce & tomato.
- The A & A Dip** 7.95  
Black Angus roast beef with horseradish aioli in a wheat hoagie topped with melted provolone & served with au jus for your dipping pleasure.
- Ham & Cheese** 6.25  
Ham and your choice of cheddar, provolone or pepper-jack cheese, grilled on panini bread.
- Spicy Tilapia** 6.00  
Served on a multigrain bun with dill tartar, lettuce, tomato, onion & pepper-jack.
- Chicken Parmesan** 7.00  
Chicken breast on a multi-grain bun smothered with marinara, parmesan & provolone layered with sautéed spinach.
- Happy Hoagie** 6.95  
Roast beef, ham, turkey, lettuce, tomato, onion, garlic aioli & hot bacon dressing on a wheat hoagie.
- Black Angus Philly or Chicken** 7.25  
Roast beef or chicken tucked away in a wheat hoagie with horseradish aioli, bell peppers & onions topped with melted provolone cheese.
- \*Le-rie's\* Gourmet Melt** 6.00  
Your choice of fresh chicken or tuna salad on panini bread with tomato & your choice of provolone or cheddar cheese.
- Tuna Cake Sandwich** 6.95  
Home made panko crusted tuna cake on a multigrain bun with lettuce tomato and bistro sauce.
- Roast Beef and Swiss Mushroom Melt** 7.25  
Sliced roast beef topped with sautéed mushrooms and melted swiss cheese on top of panini bread, served with au jus for your dipping pleasure.

## The Beat Goes On

Your choice of whole wheat, or jalapeño cheddar wrap. Served with choice of one side.

<b>Honey Mustard Chicken</b> Crispy Chicken tenders with lettuce, tomato & honey mustard.	6.25	<b>Tex Mex Chicken</b> Enjoy the gathering of spiciness & Southwestern flavors; guacamole, pepper-jack cheese, black beans, grilled chicken, lettuce, & jalapeño all rolled inside your favorite wrap.	7.50
<b>The R &amp; P</b> Roast beef & portobello mushrooms with caramelized onions, feta & spinach.	7.25	<b>Mandy's Marvelous Veggie</b> Lettuce, tomato, onion, cheddar, horseradish aioli, portobello mushrooms, Dijon, peppers, onions & cucumbers.	5.50
<b>Gourmet Chicken salad</b> With lettuce & tomato.	6.50	<b>Shrimp in a Blanket <small>SPICY</small></b> Sautéed shrimp, lettuce, tomato & wasabi mayo.	7.25
<b>Burger wrap</b> Ground beef, lettuce, tomato, onion cheddar cheese. Try it with the jalapeño and cheddar wrap!	6.15		

## Pastabilities

All served with angel hair pasta.

<b>Chicken Scallopini</b> Chicken breast scallopini tossed in angel hair pasta with marinara, parmesan and mozzarella cheese.	6.50	<b>Pasta Primavera</b> Fresh spinach, broccoli, carrots, peppers and mushrooms tossed in a white wine, garlic & butter sauce.	6.75
<b>Shrimp Pasta</b> Sautéed shrimp, spinach, & portobellos in a white wine, butter sauce with cajun seasoning and lemon.	7.75	<b>Broccoli &amp; Tomato</b> Tossed with parmesan cheese, red pepper flakes & olive oil.	5.25

## Petite Plates

Served with your choice of baked chips, apple, orange, banana or fries

<b>Egg Salad</b> Served with lettuce and tomato on white wheat.	4.50	<b>Pimiento Cheese</b> Pimiento cheese served in a whole wheat wrap.	4.50
<b>Pasta</b> Served with your choice of marinara or butter sauce & parmesan cheese.	4.50	<b>Grilled Cheddar</b> Served on wheat. <small>With Ham or Turkey</small>	4.50 5.25
<b>Peanut Butter &amp; Jelly</b> Served on white wheat.	4.50	<b>Grilled Cheese Panini</b> Grilled provolone, swiss, cheddar, or jalapeño jack cheese on panini bread.	4.50
<b>Peanut Butter &amp; Apple wrap</b> Tasty peanut butter and sliced apples in a whole wheat wrap, served with honey for dipping.	4.50	<b>Chicken tenders</b> Crispy tenders served with your choice of honey mustard or ranch.	4.50
<b>Turkey Dog</b> Fat free, all white meat turkey dog on a bun.	4.50		

## Smoothies

### Fresh Fruit Protein Smoothies



Enjoy high quality, 100% whey protein after your work out for peak performance and optimal muscle growth. Try them mixed with a combination of your favorite fruits and other delicious flavors.

Try it wit a shot of Zoë!.....add 2.50

**Strawberry - Banana - Chocolate - Peanut Butter - Pineapple**

23 g Protein/3 g Carbs/1 g Fat per Scoop of EAS® protein mix

## Sides

<b>Fruits</b> Apple Orange Banana Sliced Tomatoes *Fresh Seasonal Fruit	<b>Veggies</b> Beets Veggie Stix *Steamed Broccoli *Side Salad	<b>...OR</b> Baked Chips Black beans Fries Sweet Potato Fries	\$ .99
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\*Add \$ .99

## Beverages

<b>Fresh Fruit Fountain</b> Medium .99 Large 1.23	<b>Juices</b> Look in our display for your selection.
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