

salad

al fresco antipasta 670 cal - 10.49

romaine, pepperoni, ham, mozzarella, grape tomatoes, banana peppers, egg, and olives

rodeo roundup 530 cal - 10.49

romaine and spring mix, chicken, cheddar cheese, red onions, mixed peppers, corn, tortilla strips, BBQ sauce, and avocado ranch

kale yeah 490 cal - 10.49

kale, quinoa, carrots, feta, strawberry, balsamic dressing

you feta believe it! 540 cal - 9.49

romaine, chickpeas, cucumbers, tomatoes, pickled onions, hummus, feta, and balsamic dressing

build your own salad - 11.49



sandwich

get capra-zay 690 cal - 9.49

mozzarella, tomato, basil, pesto, olive oil, balsamic glaze, on a baguette

Wake's chicken salad 460 cal - 10.49

house made chicken salad with celery and red grapes with lettuce, tomato and raisins, on wheatberry

Sicilian gobbler wrap 770 cal - 10.49

smoked turkey, provolone, pesto, mayo, spring mix, and tomato on a spinach wrap

build your own sandwich - 11.49

2000 calories a day is used for general nutrition advice, but calorie needs vary. additional nutrition information available upon request.



build your own açai bowl- 7.89

choose one base and up to four toppings

traditional berry | coco sugar

toppings

banana | jif peanut butter | wow butter | oreo crumble
| granola | chocolate chips | coconut shavings | mixed
berries

sides & drinks

soup - 4.89

|

chips - 1.39

roll - 0.59

|

fountain drink - 2.59



2000 calories a day is used for general nutrition advice, but calorie needs vary.
additional nutrition information available upon request.