

SANDWICHES

THE BIG REUBEN

520 Cal | \$13.99

Pile of pastrami topped with sauerkraut, swiss and 1000 Island dressing on rye bread

THE DEMON CLUB

650 Cal | \$13.99

Three layered sandwich with ham, turkey, and bacon on white bread

THE ITALIAN

1050 Cal | \$13.99

Piled high with ham, salami, pepperoni, and provolone on ciabatta

THE CORDON BLEU

810 Cal | \$13.99

Chicken, ham, swiss, bacon, dijon mustard, and mayo on ciabatta

GET CAPRA-ZAY

690 Cal | \$9.49

Mozzarella, tomato, basil, pesto, olive oil, and balsamic glaze on a baguette

WAKE'S CHICKEN SALAD

480 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

\$11.99

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

AL FRESCO ANTIPASTA

650 Cal | \$10.49

Romaine, pepperoni, ham, mozzarella, grape tomatoes, banana peppers, egg, olives, and Italian vinaigrette

RODEO ROUNDUP

610 Cal | \$10.49

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

KALE YEAH

590 Cal | \$10.49

Kale, quinoa, carrots, feta, strawberry, and balsamic dressing

SALADS

YOU FETA BELIEVE IT

640 Cal | \$9.49

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

BUILD YOUR OWN SALAD

\$11.99

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BUILD YOUR OWN AÇAÍ

Your Choice of one Acai
Flavor and Four Toppings

\$7.89

FLAVORS

Original (200 Cal) | Dragonfruit (150 Cal)

TOPPINGS

Banana (40 Cal) | Granola (10 Cal)

Jif Peanut Butter (90 Cal) | Chocolate Chips (70 Cal)

WOW Butter (100 Cal) | Coconut Shavings (35 Cal)

Oreo Crumbles (30 Cal) | Mixed Berries (5 Cal)

SIDES AND DRINKS

Soup (90-240 Cal)

\$4.69

Fountain Drink (0 -280 Cal)

\$2.59

Chips

\$1.39

Roll (130 Cal)

\$0.59

