

SANDWICHES & WRAPS

CHICKEN SALAD SANDWICH 8

Our most popular item, made with quality chicken, locally-sourced pecans, red grapes, and our secret sauce. Served on freshly-made cranberry pecan bread. Or try our whole-wheat or keto flaxseed wrap. P 8g C 13g F 3g

SMOTHERED CHICKEN SANDWICH 10

Loaded with quality chicken, premium bacon, sauteed onions and mushrooms, drizzled with chipotle mayo dressing. Served on marbled pumpernickel bread or try our whole-wheat or keto flaxseed wrap. P 8g C 13g F 3g

GRILLED CHICKEN WRAP 8

Quality chicken breast, fresh spinach, cheddar and mozzarella cheese grilled to perfection on a whole wheat wrap or or try our keto flaxseed wrap. P 8g C 13g F 3g

MEDITERRANEAN CHICKEN MELT 9

Premium grilled chicken, fresh spinach, goat cheese, sun dried tomatoes, jalapeños, melted mozzarella cheese, and Vidalia onion dressing. Served on our whole-wheat wrap.

CLUB TRIO 8

Generous portions of hand-sliced premium turkey, ham, and thick bacon, tomato and fresh greens and served on our homemade harvest wheat. Also available on whole-wheat or keto flaxseed wrap. P 8g C 13g F 3g

BLT 8

A classic mountain of premium thick bacon, fresh greens, and tomatoes served on our homemade wheat bread. Also available in a whole-wheat or keto flaxseed wrap. P 8g C 13g F 3g

PICKLE SANDWICH 8

Keto-friendly: premium turkey, pepper jack cheese, spinach, tomatoes and mustard bookended by a giant dill pickle.

GHOST CHEESE AND HAM MELT 8

Premium hand-sliced ham sandwiched between light-your-face-up hot ghost pepper cheese. Served on fresh wheat bread, or try a whole-wheat or keto flaxseed wrap.

SOUTH OF THE BORDER 8

Premium grilled chicken, jalapeños, bell peppers, black olives, avocado, melted cheddar cheese, and enchilada sauce hot pressed in our whole-wheat wrap or a keto flaxseed wrap.

THE MELTDOWN 8

Your choice of premium hand-cut turkey with melted Swiss cheese, spinach, and tomato, pressed on a panini grill. Served on our homemade wheat bread or try it in our whole-wheat or keto flaxseed wrap.

TURKEY BACON RANCH WRAP 10

Chilled turkey, premium bacon, pepper jack cheese, spinach, and tomato presented in our whole-wheat wrap with our house-made ranch dressing as a dipping sauce. Also available on our keto flaxseed wrap.

TRADITIONAL TURKEY 8

Generous portions of hand-sliced premium turkey, pepper jack cheese, tomato, fresh greens, mayo, and mustard on our fresh wheat bread. Served cold or request it as a hot fresh-pressed panini. Or try it as a wrap.

HAM AND CHEESE 8

Our premium ham, with American cheese, tomato, spring mix, mayo, and mustard on our fresh wheat bread. Served cold or request it as a hot fresh-pressed panini.

BURGERS & BOWLS

SMOTHERED CHICKEN BOWL 10

Loaded with chicken, bacon, sauteed onions and mushrooms, drizzled with our chipotle mayo dressing. P 8 g C 13 g F 3g

CHAMPION OMELETTE BOWL 10

Scrambled eggs, premium ham, thick bacon, onions, bell pepper, tomato, black olives, and cheddar cheese. P 34g C 12g F 39g

GRILLED CHICKEN BOWL 10

Grilled chicken, roasted corn and pepper relish, sauteed onions and mushrooms, black olives, tomato, and cheddar cheese topped with our in-house fresh guacamole. P 33g C 22g F 27g

PREMIUM MEAT BOWL 10

Turkey, ham, and thick bacon with roasted corn and pepper relish, sauteed onions and mushrooms, black olives, tomato, and cheddar cheese, topped with our in-house guacamole. P 35g C 17g F 35g

BREAKFAST ON A BUN 7

Scrambled eggs, bacon and cheese on our whole-wheat hamburger bun.

TURKEY BURGER OR BOWL 9

Savory ground turkey burger made in-house with spinach, tomato, and pepper jack cheese. Served on a whole wheat bun or naked with a side of our own ranch dressing. P 42 g C 10g F 39g *With fresh avocado 10

BLACK BEAN BURGER OR BOWL 8

Black bean burger served with spinach, tomato, purple onion, and a side of in-house ranch dressing. Served on a whole wheat bun or naked. P 12g C 38g F 9g. *With fresh avocado 9

SALADS

THE GOAT SALAD 11

Goat cheese, avocado, Craisins, carrots, black olives, and purple onion. Served on a bed of mixed greens. Try it as a wrap.

With Turkey 13

ULTIMATE HARVEST SALAD 9

Fresh greens topped with turkey, ham, tomatoes, carrots, and cheddar cheese.

SUMMER CHICKEN SALAD 11

Our seasonal fruit medley with grilled chicken, cheddar cheese, pecans, raisins, and Craisins, on a spring mix.

CHICKEN SALAD STACK 9

A large scoop of our chicken salad with tomato wedges on a spring mix.

SOUTHWEST COBB SALAD 9

Fresh greens topped with grilled chicken breast, roasted corn and pepper relish, house-made guacamole, cheddar cheese, and tomato. Served with chipotle dressing.

YE OLDE COBB SALAD 10

Chicken, boiled eggs, tomato, bacon, and goat cheese on a spring mix.

With Avocado 11

GARDEN SALAD 7

Fresh mixed greens or spinach topped with tomatoes, carrots, and cheese.

SIDES & EXTRAS

COOKIES 2

CHIPS 2

VEGGIE CHIPS 2

FRUIT CUP 2

PASTA SALAD 2

CUP OF SOUP 4

BOWL OF SOUP 5

Add ons:

green pepper, yellow or purple onion, carrots, tomatoes, boiled egg, black or green olives, seasonal fruit medley, locally-sourced pecans, pumpkin seeds, sunflower seeds and cheddar cheese .50

goat cheese, fresh sliced avocado 1
premium grilled chicken, hand-sliced turkey or ham 2

KIDS

CLASSIC PB&J 5

Peanut butter and grape jelly with your choice of side.

GRILLED CHEESE QUESADILLA 5

Melted mozzarella cheese in a whole wheat tortilla with your choice of side.

HALF TURKEY OR HAM SANDWICH 5

Premium hand-cut turkey or ham with your choice of side.

WEDNESDAY SPECIAL

AWARD-WINNING TURKEY

CHILI STACK 7

A hearty helping of prized turkey chili served over our fresh-made Mexican cornbread. Wednesday only.

BEVERAGES

FOUNTAIN DRINKS 2

Coke

Products- free refills

SWEET/UNSWEET TEA 2

free refills

LEMONADE 2

100% FRESH RAW JUICE

The freshest and finest all-natural ingredients juiced to order. SM 5 LG 7

KEFIR SMOOTHIE 5

Freshly in-house made kefir blended to order.

COFFEE

Louisiana-based coffee in decaf and regular SM 2 MD 3 LG 4

THURSDAY SPECIAL

GUMBO 7

A local favorite, claimed by some critics as the “Best Gumbo in Town”! Thursday only, or take it home from our frozen section.

BAKERY

BREAD BY THE LOAF:

WHEAT 7

CRANBERRY PECAN 7

BANANA NUT 7

SOURDOUGH AND EZEKIEL 9

MUFFINS 3

MINI-BREAD LOAVES 3

COOKIES 2

BROWNIES 3

PAN OF BROWNIES 15

CINNAMON ROLLS 5

CREAM CHEESE DANISHES 5

BLUEBERRY DANISHES 5

KOLACHES 2

OMELETTE BOMBS 2

On-the-go handheld snacks of egg, premium thick bacon, cheddar cheese, and green pepper.

P 13 g C 1g F 15 g