



Monday-Friday
7am-4:30pm
Saturday 8am-3pm

1105 Forsythe Ave. • Monroe, LA • 318.388.8998

SANDWICHES

YOU PICK TOPPINGS & BREAD

Chicken Salad \$10

Turkey or Ham \$9

Club Trio ham, turkey & bacon \$11

BLT \$10

Smothered Chicken Sandwich \$12

marble rye bread, grilled chicken, bacon, sauteed onions, mushrooms, mozzarella & chipotle mayo

WRAPS

whole wheat, spinach or keto

Grilled Chicken \$10

chicken, spinach, mozzarella, cheddar, Vidalia onion dressing

Mediterranean \$10

chicken, spinach, mozzarella, goat cheese, sun dried tomatoes, jalapenos & Vidalia onion dressing

Feta & Tomato \$11

whipped feta spread, chicken, sundried tomatoes, spinach, black olives & onion dressing

South Of The Border \$10

chicken, black olives, jalapenos, bell pepper, cheddar & enchilada sauce

Turkey Bacon Ranch \$11

turkey, bacon, pepperjack, lettuce, tomatoes & ranch

SALADS

on spring mix or spinach

Summer Chicken \$11

chicken, fruit, pecans, raisins, raisins & cheddar

Strawberry Feta \$12

strawberries, feta, chicken & pecans

Southwest Cobb \$11

chicken, tomatoes, pepper corn relish, cheddar, avocado & chipotle mayo

The Harvest \$11

ham, turkey, carrots, tomatoes & cheddar cheddar, avocado & chipotle mayo

Garden \$9

carrots, tomatoes, black olives & cheddar

The Frank \$10

chicken, carrots, black olives, tomatoes, pickles, cheddar, purple onions

BREAKFAST

Kolaches \$2.50

sausage & cheese or with jalapenos

Omelette Bomb \$3

egg, spinach, feta & tomatoes or egg, ham, bell pepper & cheddar

Breakfast Wrap/Sandwich/Bowl \$9

scrambled eggs, cheddar & 1 meat

bacon, ham or sausage

can add any veggies

Sides

fruit cup \$2

chips \$1.50

cookie \$2

Drinks

Fountain & Bottled Drinks \$2.50

Bottled Water \$2

Dressings

Ranch, Honey Mustard, Chipotle Mayo, Italian, Caesar, Balsamic Vinaigrette, Raspberry Vinaigrette



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BURGERS & BOWLS

Turkey Burger/Bowl \$10

turkey burger with your choice of toppings

bowl: turkey burger on spinach, tomatoes & mozzarella

Black Bean Burger/Bowl \$10

black bean burger with your choice of toppings

bowl: black bean burger on top of spinach, tomatoes
purple onions

Grilled Chicken Bowl \$11

chicken, corn pepper relish, black olives, sauteed onions,
mushrooms, tomatoes & cheddar

CREPES

Monte Cristo \$12

chicken, ham, cheddar, powdered
sugar, honey mustard & strawberry jam

Morning Crepe \$11

bacon, ham or sausage, scrambled
eggs & cheddar

Tomato Basil \$9

fresh basil, tomatoes & mozzarella

Berries & Creme \$10

sweet cream cheese, strawberries,
blueberries & powdered sugar

Cinnamon Roll \$9

cinnamon sugar, sweet cream cheese,
pecans & powdered sugar

BAKERY

Muffins \$3

Cookies \$2

Breads \$9

Wheat, White & Cranberry Pecan

Cinnamon Bread or

Cheddar & Jalapeno \$12

regular sandwich loaf or twisted

Flavored Loaves \$12

Carrot Cake, Blueberry, Apple
Streusel, Zucchini Nut
Banana Nut etc.

Challah Bread

regular long \$12 round \$10

VEGAN \$14/\$12

Pies \$30 (special order)

chocolate, lemon, key lime, apple,
sweet potato, pumpkin, pecan etc.