

# Eggs

## Egg Wrap \$6.00

Egg whites, with diced green peppers, shredded cheese blend, and a touch of mild salsa, served warm.

## Steak, Egg and Cheese Wrap \$6.50

Sliced steak, egg whites, and shredded cheese blend, served warm.

# Chicken

## BBQ Chicken Wrap \$6.75

Grilled chicken breast with shredded cheese blend, diced red and green peppers, with a zesty barbecue sauce, served warm.

## Chicken Caesar Wrap \$6.75

Grilled chicken breast with a Mediterranean salad blend, Caesar dressing, and grated parmesan cheese.

## South Western Chicken Wrap \$6.75

Grilled chicken breast, diced red and green peppers, shredded cheese blend, with a touch of mild salsa, served warm.

## Chicken Club Wrap \$6.75

Grilled chicken breast, Mediterranean lettuce, tomato, turkey bacon, and a little honey mustard dressing.

## Buffalo Chicken Wrap \$6.75

Grilled chicken breast, Mediterranean lettuce, hot sauce, and light ranch or light blue cheese dressing

# Tuna

## Tuna Wrap \$6.75

Tuna salad made with light mayo, Mediterranean lettuce, and tomato.

## Tuna Melt Wrap \$6.75

Tuna salad made with light mayo, tomato, and melted cheese blend.

# Steak

## Steak Wrap \$7.50

Steak slices with Mediterranean lettuce, tomato, and Italian dressing.

## Cheese Steak Wrap \$7.75

Steak slices with diced red and green peppers, and melted cheese blend, served warm.

# Salads

## Salad \$3.50

Mediterranean lettuce blend, tomatoes, diced red and green peppers, shredded cheese, with choice of dressing.

## Salad Plus \$6.75

Salad, plus your choice of:  
Grilled Chicken, Steak, Tuna, Hard-boiled Egg, or Egg whites.

## Dressings

Honey Mustard, Light Italian, Caesar, Light Ranch, Balsamic Vinaigrette

## Condiments

Salsa, Mustard, Hot Sauce, Ketchup, Barbecue Sauce, Light Mayonnaise

## Sides and Extras

Grilled Chicken	\$3.50
Steak	\$4.50
Tuna	\$3.50
Hard boiled Eggs	\$0.75
Turkey Bacon	\$0.50

## Hours:

Mon-Fri 7am-9:45pm

Sat 7am-7:45pm, Sun 7am-5:45pm

