

 = BeWell Healthy Option

 = Not made with gluten

 = Vegetarian

 = Vegan

MAKE IT
A SALAD,
SANDWICH
OR WRAP

MAKE IT A COMBO +\$2.00
add Kettle Chips or Fresh Fruit Cup,
Canned Soda or Small Bottled Water

True Turkey

sliced turkey, provolone, cucumber, lettuce,
tomato, cucumber, garlic aioli

\$5.00

Triple Decker Club

sliced, turkey, ham, bacon, cheddar,
lettuce, tomato, mayo

\$5.00

Ham and Provolone

sliced ham, provolone, lettuce, tomato, mayo

\$5.00

Grilled Chicken BLTA

grilled chicken, bacon, lettuce, tomato,
avocado, garlic aioli

\$5.00

Mediterranean Chicken

grilled chicken, hummus, feta, artichoke,
cucumber, roasted red peppers, lettuce

\$5.00

Vegetarian Mediterranean

hummus, feta, artichoke, cucumber,
roasted red peppers, lettuce

\$5.00

Grilled or Crispy

Buffalo Chicken Wrap

grilled or crispy chicken, blue or mixed cheese, celery,
jalapeño, cucumber, ranch or blue cheese, tortilla

\$5.00

Chicken Caesar Wrap

grilled chicken breast, parmesan cheese,
caesar dressing, lettuce, tortilla

\$5.00

Grilled or Crispy Chicken Clubhouse Wrap

grilled or crispy chicken, bacon, mixed cheese,
jalapeño, tomato, lettuce, ranch, tortilla

\$5.00

Tuna Salad

tuna, onion, celery, mayo, lettuce

\$5.00

Tomato Cranberry Chicken Salad \$5.00

chicken, craisins, onion, celery, mayo, lettuce, tomato

Egg Salad

egg, celery, onion, mayo, mustard

\$5.00

2,000 calories a day is used for general nutrition advice, but calorie
needs vary. Additional nutrition information available upon request.