



How Many? SANDWICHES

- Grilled Panini \$7.50**
Choose (circle) ONE of the following: *Chips & Pickle*
Side Salad & Dressing
- Sandwich with Chips ...\$6.99**
From **CHOICES** select: Protein _____
Cheese: _____
Bread: _____
- TLC Special \$7.99**
Choose ONE of the following: *Chips OR Pickle (circle ONE)*
From **CHOICES** select: Bread _____
Protein _____
- Tuna Melt \$7.50**
Choose ONE of the following: *Chips OR Pickle (circle ONE)*
From **CHOICES** select: Bread _____
Cheese: _____
- Turkey Pastrami Melt (or Reuben) \$7.50**
Served with organic Sauerkraut!
Choose ONE of the following: *Chips OR Pickle (circle ONE)*
From **CHOICES** select: Bread _____
Cheese _____

- Condiments:
- Mayo
 - Mustard
 - Onion
 - Lettuce
 - Tomato

How Many? SALADS & SOUPS

- Southwest Chicken or Beef Salad.....\$7.25**
CIRCLE ONE: CHICKEN or BEEF
- Stuffed Avocado or Papaya Halves \$7.25**
- Chicken Caesar Salad \$7.45**
- Baby Spinach (with Pine Nuts) \$5.99**
- Mediterranean Salad \$7.45**
- Oriental Chicken Salad \$6.50**
- Cobb Salad \$7.25**
- Design your own Veggie Salad\$6.50**
CIRCLE ANY OF THE FOLLOWING YOU WANT IN YOUR SALAD:
Sprouts, Bell Pepper, Hummus, Avocado, Tomato, Lettuce, Onion,
Mushrooms, Carrot, Celery, Sunflower Seeds, Cucumber, Greens, Spinach.
Delicious! Served with Homemade Tahini salad dressing or dressing of
your choice!
- Prepared SIDE Salad..... \$1.50**
- Bowl of SOUP or CHILI (ONLY) \$3.50**
w/ Slice of Bread
Choose ONE of the following: (CIRCLE ONE) SOUP
CHILI
- From **CHOICES** select: Bread: _____
- SOUP or CHILI & Half Cold Sandwich ..\$6.99**
Choose ONE of the following: (CIRCLE ONE) SOUP
CHILI
- YOUR SANDWICH: please select from **CHOICES**:
PROTEIN: _____
CHEESE: _____
BREAD: _____

YOUR INFORMATION

PLEASE PRINT and USE BLACK INK

Your Name: _____

Phone Number: _____
In Case We Need to Talk to You About Your Order

Desired Time for PICK-UP: _____

**NOTE: WE MAY CALL YOU TO CONFIRM YOUR ORDER
Please allow 1 hour from order to pick-up**

CHOICES that Complete Your Order

- Protein:** Roasted Turkey - Chicken Breast - Roast Beef
Egg Salad - Chicken Salad - Tuna Salad
- Cheese:** Swiss - Mozzarella - Provolone - Cheddar - Monterey Jack
Veggie Cheddar - Veggie Mozzarella
- Breads, Bagels & Wraps:**
Breads: Low Carb/Sugar Free Dakota or Sourdough,
Organic Cracked Wheat, Sourdough, Rye, Country French
Bagels: Low Carb/Sugar Free Bagels
Wrap Tortillas: Spinach, Sun-dried Tomato, Chipotle Chili
Low-cal Honey/Wheat

Would like your bread or bagel toasted? **YES NO**

SALADS: Add AVOCADO or SPROUTS 75¢

NOTE: Salad Dressing for TAKE-OUT is served ON-THE-SIDE
Make your choice when you arrive to pick up your order

How Many? WRAPS

- Design your own Veggie Wrap...\$6.50**
Choose ONE of the following: **CHIPS**
(CIRCLE ONE) **SIDE SALAD**
COTTAGE CHEESE & TOMATO
CIRCLE ANY OF THE FOLLOWING YOU WANT IN YOUR WRAP:
Sprouts, Bell Pepper, Hummus, Avocado, Tomato, Lettuce, Onion,
Mushrooms, Carrot, Celery, Sunflower Seeds, Cucumber, Greens, Spinach.
- Southwest Chicken or Beef ..\$6.75**
CIRCLE ONE: CHICKEN or BEEF
Choose ONE of the following: **CHIPS**
(CIRCLE ONE) **SIDE SALAD**
COTTAGE CHEESE & TOMATO
- Chicken Caesar Wrap\$6.25**
Choose ONE of the following: **CHIPS**
(CIRCLE ONE) **SIDE SALAD**
COTTAGE CHEESE & TOMATO

How Many? GOURMET SPECIALS

- Crustless Quiche\$6.99**
w/ Side Salad
- Alternative Lasagna\$6.99**
w/ Side Salad
- Old Fashioned Hamburger\$8.65**
w/ Side Salad
- Turkey Burger \$8.65**
w/ Side Salad