



# sandwichtheory

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October 20, 2018

## **BREAKFAST:**

Chorizo, Provolone, Spinach, Hot Peppers, Omelet w/ Side of Toast & Home Fries	7.95
Egg Whites, Peppers Jack, Scallions, Tomato in a Wrap	4.50
Fried Egg, Canadian Bacon, Muenster Cheese, Avocado on Brioche	6.50
1 Slice of Whole Wheat Toast w/Hummus, Feta Cheese, Fresh Cilantro & Avocado	4.50
Fresh Made Lemonade: Regular, Mango, Strawberry	
Flavor Ice Tea of the Week: Pomegranate Berry	
Flavor Coffee of the Day: French Vanilla	

## **SOUPS:**

	<b>SOUP SIZES</b>	<b>CHILI SIZES</b>
Split Pea	Sm. 12oz 3.35	Sm. 12oz 4.50
Chicken Orzo	Md. 16oz 4.35	Md. 16oz 5.50
Turkey & Black Bean Chili	Lg. 32oz 7.95	Lg. 32oz 10.00

## **SIDE SALADS:**

Three Bean Mix  
Coleslaw  
Tomato & Cucumber Mix

## **SALAD**

Grilled Salmon over Baby Spinach, Roasted Red Peppers, Pomegranate Seeds, Avocado, Cucumbers, w/ Italian Dressing 14.95

## **SANDWICHES**

Grilled Chicken, Provolone, Hot Peppers, Avocado, Arugula, Hummus on Ciabatta (pressed)	8.95
Smoked Turkey Reuben w/ Swiss, Sauerkraut, Brown Mustard on Rye (pressed)	8.40
Tuna Salad, Arugula, Roasted Red Peppers on Multigrain Hero	8.40
Black Forest Ham, Brie, Sliced Apple, Honey Mustard on Multigrain	7.95
Egg Salad, Avocado, Tomato, Arugula on Whole Wheat	7.95
<b>Grab &amp; Go</b> ½ #2 Tarragon Walnut Chicken Salad, Lettuce, Tomato on Peasant w/ Choice of Small Soup or Small Garden Salad	6.95