

Introducing

Fresh Express

Salad Shakers and Specialty Sandwiches

Farm Fresh Produce

Made Especially for You



By Chef Ryan

Locally Grown

Salad Shakers

Fruit and Yogurt Parfait

Seasonal, cut fresh fruit mixed with a flavorful yogurt and granola, topped off with a separate container of trail mix.

Calories - 399; Protein - 18gm; Fiber - 6gm; Sodium - 230mg; Fat - 18%

"The Mandarin"

Crisp, fresh greens mixed with shredded green cabbage, diced chicken and pears, mandarin orange slices, chopped green onions, shredded carrots and chow mein noodles. An Asian Sesame dressing is served on the side.

Calories - 312; Protein - 26gm; Fiber - 5gm; Sodium - 191mg; Fat - 34%

"The Wallie"

Crisp, fresh greens mixed with shredded green cabbage, dried cherries, diced apples and chicken, and shredded cheese. Chopped walnuts and a balsamic vinaigrette dressing are served on the side.

Calories - 368; Protein - 37gm; Fiber - 3gm; Sodium - 832mg; Fat - 22%

Specialty Sandwiches

Turkey Caesar Ciabatta

Sliced turkey and chopped romaine lettuce topped with grated Parmigianino cheese in a ciabatta bun. Caesar dressing served on the side.

Calories - 265; Protein - 24gm; Fiber - 1gm; Sodium - 1334mg; Fat - 22%

Chicken Fajita Ciabatta

Seasoned chicken fajita strips topped with American cheese, shredded lettuce and a tomato slice, served in a ciabatta bun. Taco sauce is offered on the side.

Calories - 239; Protein - 15gm; Fiber - 2gm; Sodium - 765mg; Fat - 20%

Garden Ranch Pita

Sliced red and green peppers, red onion, diced tomatoes and cucumbers, shredded cheese and green leaf lettuce inside a pita pocket. Ranch dressing served on the side.

Calories - 310; Protein - 32gm; Fiber - 6gm; Sodium - 748mg; Fat - 25%