BEACHES EDEROUS SANDWICH SHOP

Base Lettuce Wrap @ 20 Whole Wheat Wrap @ 290 Garlic Herb Tortilla Wrap @ 300 White Bread Ø 120 Wheat Bread @ 120 Flatbread 20 Croissant 20 **Protein** Roast Beef 30 Turkey 30 100 Tuna Salad Grilled Chicken 130 Ham 40 Pepperoni 140 Applewood Bacon 50 Turkey Bacon 20 Egg Salad 230

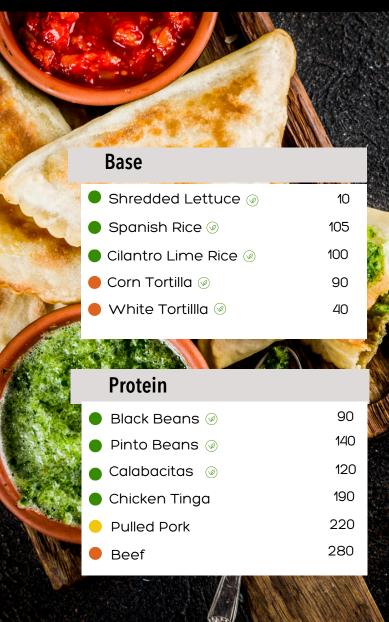
Veggies	
• Lettuce @	10
Spinach 🥝	0
Cucumber ∅	0
Onion	10
● Green Pepper ⊚	10
● Banana Pepper 🕖	0
■ Black Olives @	40
● Tomato ∅	0
● Pickle ⊚	0
CI	
Cheese	
Swiss	80
*IOMOST SOCIETO CHOICO	
*lowest sodium choice Cheddar	90
	90 105
Cheddar	
CheddarAmerican	105

Condiments

Salami

50
100
100
110

100



Topping	
● Shredded Lettuce ⊚	10
Pico de Gallo 🖗	10
■ Red Onion	0
🌖 Jalapeno 🎯	0
● Salsa ⊚	5
_ Guacamole ∅	60
Lime Creama	20
Shredded Cheese	115
Queso	60
Side	
Mexican Street Corn	160
Chips and Salsa 🕢	240
Chips and Queso	280

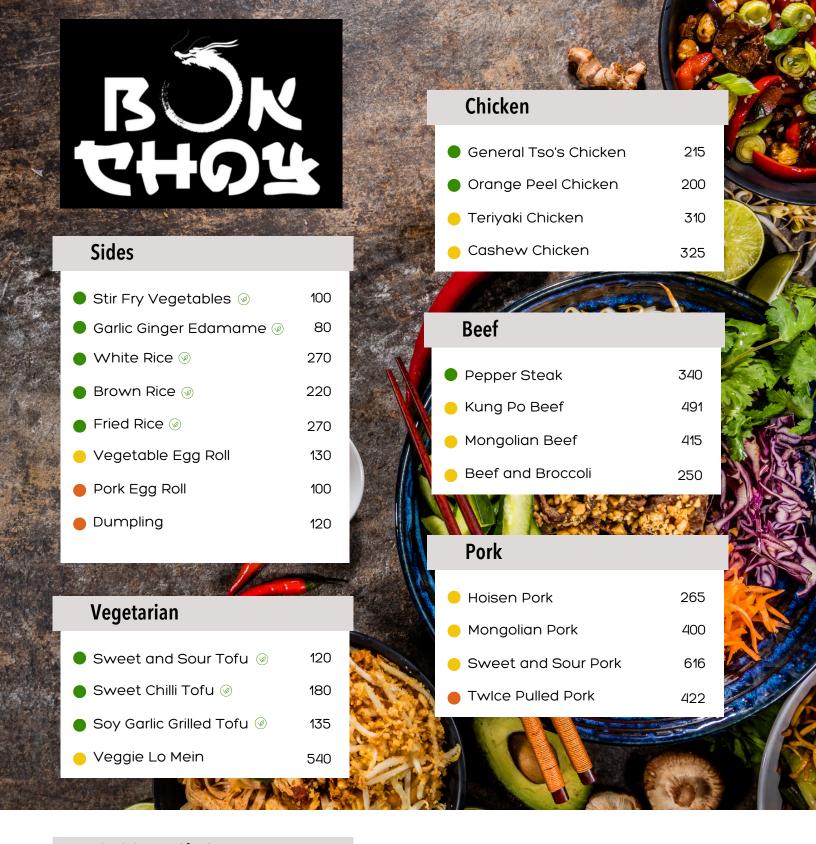
Chips and Guacamole

230

Dietitian's Choice



Cilantro lime rice topped with black beans, shredded lettuce, pico de gallo, onion, jalapeno, and a small serving of guacamole.



Dietitian's Choice



Marinated tofu and stir fried vegetables served over brown rice.

565 Calories

italian

Pizza

Four Cheese Pizza 550

500 Pepperoni Pizza

520 The Works Pizza

Margherita Pizza 560

White on White Pizza 540

Specialty Pizzas 500-550

Entree

620 Spaghetti and Meatballs

440-760 Specialty Pasta

Sides

Garlic Breadstick 90

Garden Salad 35

THE GRILL

Base

Bed of Lettuce 10

Brioche Bun 250

Whole Wheat 170

Udi's Hamburger Bun 200

Protein

140 Grilled Chicken Breast

Turkey Burger Patty 160

Black Bean Patty 175

270 Beef Patty

Crispy Chicken Patty 270

Chicken Tenders 710

Cheese

Swiss 80

Cheddar 90

Pepper Jack 110

American 105

Toppings

Lettuce 10

Onion 10

Tomato

Pickles 0

Sides

Fresh Fruit @ 60

French Fries @ 595

Onion Rings 505