

#### Mezze Platter 670 CAL | \$7.99 V

Hummus and whipped feta served with cucumbers, carrots, bell pepper, marinated olives, and warm flatbread.

contains: wheat, egg, sesame

#### **BRUSCHETTA WITH FLAT BREAD** 540 CAL | \$6.99 •

Fresh Tomato Bruschetta topped with basil and balsamic glaze, served with a side of warm flatbread

contains: wheat

#### **Hummus & Veggies** 280 CAL | \$5.99 V

Creamy Roasted Garlic Hummus paired with fresh-cut cucumbers, carrots, and peppers

contains: sesame

#### MEAL EXCHANGE

includes entree, choice of one side: french fries, coban salatasi, side salad, or flat bread & fountain drink

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#### MEDITERRANEAN QUINOA CAKE MEZZE PLATTER 820 CAL | \$10.99 V

Three Fried Mediterranean Sweet Potato Quinoa Cakes with saffron aioli served with hummus, whipped feta, cucumbers, carrots, bell pepper, marinated olives, and warm flatbread.

contains: wheat, soy, milk

Remove Whipped Feta to make it Vegan

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#### HARISSA CHICKEN TRAPIZZINO 590 CAL | \$12.99

Juicy grilled chicken breast marinated in a bold harissa spice with greek pico, fresh spinach, with herbed yogurt sauce in a warm Trapizzino pocket

contains: wheat, milk

#### **BEEF KOFTA TRAPIZZINO** 520 CAL | \$12.99

Beef Kofta with greek pico, fresh spinach and sriracha yogurt sauce in a warm Trapizzino pocket

contains: wheat, milk

2000 calories a day is used for general advice, but calorie needs vary. Additional nutrition information available upon request.









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#### **BOCATA ESCALIVADA TRAPIZZINO** 370 CAL | \$11.99 ♥

Grilled eggplant, roasted red bell peppers, caramelized onions, fresh spinach, whipped feta, and spicy marinara in a warm Trappizzino pocket

contains: wheat, milk

Remove Whipped Feta to make it Vegan!

#### MEDITERANEAN QUINOA CAKE TRAPIZZINO 520 CAL | \$11.99 •

Fried Mediterranean Sweet Potato Quinoa Cake, hummus, fresh arugula, greek pico and vegan lemon garlic saffron aioli in a warm Trappizino pocket

contains: wheat, soy, sesame

#### **Coban Salatasi** 40 CAL \$4.99 •

Shepard's salad with a refreshing mix of tomatoes, cucumbers, bell peppers, onions, olives, parsley and marinated in fresh lemon juice and sherry vinegar

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#### PATATAS BRAVAS 180 CAL | \$5.99

Crispy Seasoned Potatoes Topped with a bold ranchero sauce and creamy garlic aioli

contains: egg

#### **FLAT BREAD** 210 CAL | \$2.99

One 3oz warm flatbread contains: wheat, milk

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#### SRIRACHA YOGURT SAUCE 15 CAL | \$.69

contains: wheat, milk

#### LEMON GARLIC SAFFRON AIOLI 130 CAL | \$.69

contains: soy

#### **HERBED YOGURT SAUCE** 15 CAL | \$.69

contains: milk

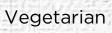
#### MEAL EXCHANGE

includes entree, choice of one side: french fries, coban salatasi, side salad or flat bread & fountain drink

2000 calories a day is used for general advice, but calorie needs vary. Additional nutrition information available upon request.











## BURGERS

choice of french fries or side salad

#### **BULLDOG DOUBLE BACON CHEESEBURGER** 885 CAL | \$14.99

two beef patties, 2 slices of bacon, cheddar cheese, lettuce, tomato, red onion, dill pickles, Redlands island sauce on a hamburger bun

contains: wheat, egg, milk

#### JR. CHEESEBURGER 645 CAL | \$11.99

beef patty, cheddar cheese, lettuce, tomato, red onion, dill pickles and Redlands island sauce on a hamburger bun contains: wheat, egg, milk

#### **PLANT POWER BURGER** 995 CAL | \$10.99 •

housemade quinoa black bean patty, lettuce, tomato, red onion, dill pickles, and vegan mayo on a hamburger bun contains: wheat, soy

\*vegan option available upon request

## CHICKEN SANDWICHES

choice of french fries or side salad

#### **CRISPY CHICKEN SANDWICH** 985 CAL | \$12.99

crispy chicken breast, lettuce, tomato, dill pickles and Redlands island sauce on a hamburger bun contains: wheat, egg, milk

#### JR. GRILLED CHICKEN SANDWICH 740 CAL | \$11.99

grilled chicken breast, lettuce, tomato, red onion, dill pickles and housemade Redlands island sauce on a hamburger bun contains: wheat, egg

#### ADD ON'S/SUBSTITUTIONS

grilled chicken breast	89 cal   \$3.99
beef patty	245 cal   \$3.99
quinoa black bean patty	210 cal   \$3.99
bacon	80 cal   \$1.99
avocado spread	cal   \$1.99
sliced cheese	55 cal   \$.99
sauces	66-159 cal   \$.69











salad & fountain drink

### SALADS

make any salad into a wrap! +\$.99

#### GRILLED CHICKEN CAESAR SALAD 900 CAL | \$13.99

grilled chicken breast, chopped romaine, house made croutons, parmesan cheese and house made caesar dressing

contains: milk, wheat, eggs, soybeans, fish

#### CRISPY RANCH CHICKEN SALAD 1210 CAL | \$13.99

crispy chicken breast, romaine, baby spinach, shredded carrots, red onion, tomatoes, house made croutons and house made ranch dressing

contains: wheat, eggs, milk

#### PLANT POWER PROTEIN SALAD 1050 CAL | \$12.99 ()

house made quinoa black bean patty, romaine, baby spinach, shredded carrots, red onion, tomatoes, pepita seeds, house made croutons and house made balsamic vinaigrette

contains: wheat, soybeans

#### **BUILD YOUR OWN SALAD \$13.99**

your choice of base, toppings, one protein and dressing contains: wheat, eggs, milk, soybeans

**SIDE SALAD 345 CAL | \$5.99** 

romaine, shredded carrots, house made croutons and choice of house made dressings

contains: wheat, eggs, milk

### **BASKETS**

CHOICE OF DIPPING SAUCE: ranch, BBQ, honey mustard, Redlands island

#### **BULLDOG BASKET 100 CAL | \$10.99**

5 piece fried chicken tenders and crispy french fries contains: wheat

**JR. BASKET** 775 CAL | \$8.99

3 piece fried chicken tenders and crispy french fries contains: wheat

**FRENCH FRY BASKET 450 CAL | \$5.99 6 6 6** 

1/2 lb of crispy french fries

**SIDE FRENCH FRIES** 250 CAL | \$3.99 **(\*) (\*)** 

1/4 lb of crispy french fries





