



# SANDWICHES & WRAPS

## MALIBU

roasted chicken, applewood smoked bacon, avocado, cheddar cheese, greens, tomato, caramelized onion aioli, ciabatta

**\$8.50** 800 CALS

## CHIPOTLE CHICKEN WRAP

crispy chicken, cheddar, pico de gallo, lettuce, chipotle dressing, wheat tortilla

**\$8.00** 800 CALS

## BLTA

crispy smoked bacon, lettuce, tomato, avocado, 9 grain bread

**\$8.00** 430 CALS

## MARK CUBANA

roasted chicken, applewood smoked bacon, black bean spread, avocado, chihuahua cheese, chipotle aioli, spinach tortilla

**\$8.75** 920 CALS

## ALL DAY BREAKFAST BURRITO

chopped steak, cage free eggs, jack cheese, sauteed peppers & onions, seasoned potatoes, wheat tortilla, green salsa

**\$7.00** 670 CALS

## BLACK BEAN & GRAIN ✓

seasoned black beans, cilantro lime rice, pico de gallo, avocado, flour tortilla option

**\$6.50** 630 CALS

**ADD CHICKEN OR STEAK \$2.00**

## FEATURED

### TURKEY AVOCADO GRINDER

roasted turkey, white cheddar cheese, avocado, shredded lettuce, sliced cucumber, red wine vinaigrette, roasted garlic aioli, ciabatta bread

**\$8.50** 850 CALS



### GROWN UP GRILLED CHEESE

white cheddar cheese, bacon, baby spinach, tomato, avocado, 9 grain bread

**\$8.00** 570 CALS

## OPTIONS

**ADD MEAT** GF DF  
**\$2.25**

**HOUSEMADE CHIPS** VG GF DF  
**\$2.00** 140 CALS

**BACON (2)** GF DF  
**\$2.25** 130 CALS

**AVOCADO** VG GF DF  
**\$1.25** 60 CALS

**CHEESE** V GF  
**\$1.25** 110 CALS

### BREAD SUBSTITUTE

can be substituted with gluten-free bread or wrap (honey wheat, spinach or flour)

**V-VEGETARIAN**

**VG-VEGAN**

**GF-GLUTEN FREE**

**DF-DAIRY FREE**

**CN-CONTAINS NUTS**



THOROUGHLY COOKING FOODS OF ANIMAL ORIGIN SUCH AS BEEF, EGGS, FISH, LAMB, MILK, POULTRY OR SHELLFISH REDUCES THE RISK OF FOODBORNE ILLNESS INDIVIDUALS WITH CERTAIN HEALTH CONDITIONS MAY BE AT HIGHER RISK IF THESE FOODS ARE CONSUMED RAW OR UNDERCOOKED.



FOOD PREPARED MAY CONTAIN WHEAT, FISH, DAIRY, EGGS, SOY, & NUTS.