



## SANDWICHES

Our flatbread is cooked to order with every sandwich. When you order your sandwich we take it from dough to bread every time.

We take freshness seriously.

All sandwiches served with your choice of:  
cucumber-tomato salad, potato salad, fresh fruit or chips

- #1 West Coast Turkey \$9.95**  
All natural antibiotic free whole muscle turkey breast with bacon, avocado, tomato, spinach & mayo on honey wheat-bread
- #2 Caribbean Jerk Chicken \$9.95**  
Jerk seasoned pulled chicken breast, caramelized onion, mixed greens, tomato & curry-lime mayo on flatbread
- #3 Blackened Wild Salmon \$10.95**  
Wild Alaskan salmon seasoned with Cajun blackened spice with tomato, red onion, spinach & horseradish sour cream sauce on flatbread
- #4 Saturn's Roasted Chicken \$9.95**  
Oven roasted pulled chicken breast with melted Swiss, tomato, mixed greens & honey mustard on flatbread
- #5 Spicy Steak \$9.95**  
All natural antibiotic free whole muscle beef with caramelized onion, grilled jalapeños, melted Swiss & BBQ mayo on flatbread
- #6 Italy's Best \$9.95**  
All natural antibiotic free whole muscle ham, pepperoni, fresh mozzarella, Parmesan, tomato, red onion, grilled jalapeño, mixed greens & house herbed vinaigrette on flatbread
- #7 Chicken Salad \$9.50**  
House made sweet & spicy chicken salad, spinach & mayo on honey-wheat bread
- #8 Meatloaf \$9.75**  
House made all natural choice grade beef meatloaf, tomato & BBQ mayo on flatbread
- #9 Portobello Mushroom \$9.25**  
Roasted portobello mushrooms, melted Swiss, tomato, spinach, pesto & mayo on flatbread
- #10 Roasted Veggie \$9.25**  
Oven roasted zucchini, red bell peppers, red onion, & portobello mushrooms with tomato, spinach, pesto & mayo on flatbread
- #11 Falafel \$9.95**  
Fresh crispy fried house made falafel with yogurt-tahini & spicy red pepper sauces, tomato, red onion, house made pickles, & mixed greens on flatbread
- #12 Spicy Turkey \$9.95**  
All natural antibiotic free whole muscle turkey breast with bacon, melted Swiss, caramelized onion, grilled jalapeño & red chile mayo on flatbread

## PIZZA

- #20 Margherita Style \$9.95**  
Simply five blended cheeses, fresh mozzarella, fresh tomato, fresh basil, & fresh Parmesan
- #21 Pepperoni & Portobello \$9.95**  
Pepperoni pizza with sliced portobello mushrooms added
- #22 Roasted Veggie \$9.95**  
Roasted zucchini, red bell pepper, red onion, portobello mushroom with pesto & five blended cheeses
- #23 The Brogan Vegan \$9.95**  
Tomato sauce, roasted red bell peppers, red onion & portobello mushrooms. Topped with fresh spinach, falafel & spicy red pepper sauce
- #24 Rustic Roman \$9.95**  
Tomato sauce, five blended cheeses, fresh tomato, red onion, calamata olives, goat's cheese, basil & fresh Parmesan
- #25 Roasted Chicken Alfredo \$9.95**  
Roasted pulled chicken breast, creamy alfredo sauce & five blended cheeses
- #26 Five Cheese + One \$9.25**  
Tomato sauce, five blended cheeses, fresh mozzarella



All numbers in green are vegetarian and can be made vegan with substitutions

# SALADS

Add Chicken \$1.95  
Add Salmon \$2.95

Add Shrimp \$2.95  
Substitute Any \$1.95

- #30 Strawberry & Spinach \$8.95**  
Fresh spinach, fresh strawberries, pecans, coconut & sweet lime-poppypseed dressing
- #31 Tomato Mozzarella \$8.95**  
Mixed greens, grape tomatoes, fresh mozzarella, fresh red onion, pesto, fresh Parmesan, house vinaigrette & balsamic caramel
- #32 Classic Caesar w/ Chicken \$8.95**  
Sliced Romaine heart, creamy Caesar dressing, roasted pulled chicken breast, crispy crostini, fresh Parmesan & black pepper
- #33 Falafel Salad \$8.95**  
Mixed greens, house vinaigrette, fresh tomato, Persian cucumber, red onion, yogurt tahini & spicy red pepper sauces, with crispy house made falafel

- #34 BLT Salad \$8.95**  
Sliced Romaine heart, creamy basil dressing, applewood smoked bacon, grape tomatoes, red onion, fresh Parmesan & crispy crostini
- #35 Asian Broccoli \$8.95**  
Broccoli, green beans, carrots, napa cabbage, Asian wheat noodles, sesame seeds, sunflower seeds & brown sugar-soy dressing
- #36 Persian Cucumber-Tomato \$8.95**  
Mixed greens, Persian cucumber, grape tomato, red onion, fresh basil & house vinaigrette with Castelvetrano olives, goat's cheese & crispy crostini
- #37 Southwest Salmon Caesar \$10.95**  
Sliced Romaine heart, chipotle Caesar dressing, wild Alaskan salmon, black bean-corn pico, fried tortillas rajas

# PASTAS

Add a side salad for \$3.95 (excludes #37)

- #40 Roasted Chicken Alfredo \$9.95**  
Roasted pulled chicken breast, fettuccine noodles, roasted garlic cream & fresh Parmesan
- #41 Roasted Chicken Carbonara \$9.95**  
Roasted pulled chicken breast, fettuccine noodles, roasted garlic cream, fresh Parmesan, applewood smoked bacon, roasted portobello mushrooms & green peas
- #42 Roasted Chicken Tortellini \$9.95**  
Roasted pulled chicken breast, cheese tortellini, pesto cream sauce, sun dried tomato & fresh spinach
- #43 Vegan Meatball Pasta \$9.95**  
Wheat gluten & soy meatballs with Castelvetrano olives, tomato, red onion, basil, spicy tomato sauce & gremolata bread crumbs with Conchiglie pasta
- #44 Roasted Veggie Conchiglie \$9.95**  
Roasted zucchini, red bell peppers, red onion & portobello mushrooms tossed with Conchiglie pasta, spicy tomato-garlic sauce with fresh basil & Parmesan
- #45 Vegetarian Mushroom Lasagna \$11.95**  
Chopped portobello mushrooms, pesto ricotta, five blended cheeses, spicy tomato-garlic sauce & fresh Parmesan with a side tomato-mozzarella salad

# SOUPS & COMBOS

- #50 Bowl of Soup \$4.50**  
Usually 2-3 selections. One size
- #52 Pick Any Two \$9.95**  
Pick your choice of soup, any half sandwich, or any half salad to create your favorite combo
- #53 Triple Salad \$9.95**  
House made sweet & spicy chicken salad, fresh fruit salad & strawberry spinach salad
- #54 Vegan Triple Salad \$9.95**  
Crispy house made falafel with spicy red pepper sauce, creamy hummus & Persian cucumber-tomato salad with flatbread

# KIDS STUFF

(11 & Under)

All kids meals come with your choice of fountain drink or IZZE & fresh fruit or chips

- #75 Cheese Pizza \$5.95**  
Simply tomato sauce & cheese
- #76 PB&J \$4.95**  
House made low sugar berry jam & peanut butter mousse on honey-wheat bread
- #77 Roasted Chicken Breast \$6.95**  
Oven roasted chicken breast with mashed potatoes, green beans & carrots
- #77 Roasted Wild Salmon \$8.95**  
Roasted wild Alaskan salmon with mashed potatoes, green beans & carrots

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## ASK ABOUT OUR HOMEMADE DESSERTS!