

WINTER SPECIALS

Available for a limited Time

Flatbreads

Additional toppings 25¢ each

Honey, Brie & Walnut **\$2.75**

Topped with Applewood smoked bacon, Wolf Honey farm's fresh honey, brie and toasted walnuts.

Calories 560 **Fat** 32gr **Sodium** 880g **Carbohydrates** 50g
Sugar 8g **Protein** 20g

Allergens: wheat, milk, tree nut. May contain soy and sesame.

BBQ Hawaiian **\$2.75**

House-made BBQ, ham, pineapple, low sodium bacon and cheese.

Calories 520 **Fat** 27gr **Sodium** 970g **Carbohydrates** 45g
Sugar 8g **Protein** 25g

Allergens: wheat, milk. May contain soy and sesame.

Chicken Bacon Alfredo **\$2.50**

Organic Alfredo sauce, diced chicken, spinach, Roma tomatoes topped with Wisconsin shredded mozzarella blend.

Calories 400 **Fat** 21gr **Sodium** 720g **Carbohydrates** 31g
Sugar 3g **Protein** 27g

Allergens: wheat, milk. May contain soy and sesame.

WINTER SPECIALS

Available for a limited Time

Hot off the Press

Turkey Bacon Avocado **\$3.25**

Low sodium deli turkey & bacon, provolone cheese, tomatoes, red onion and avocado with mustard sauce on organic multi-grain bread.

Calories 620 **Fat** 36gr **Sodium** 930g **Carbohydrates** 44g
Sugar 4g **Protein** 32g
Allergens: milk, wheat.

Tuna Melt **\$3.00**

Tuna salad with cheddar cheese and tomatoes served on toasted bread.

Calories 360 **Fat** 14gr **Sodium** 700g **Carbohydrates** 32g
Sugar 4g **Protein** 26g
Allergens: milk, wheat, egg, fish.

Apple Chicken **\$3.25**

Grilled chicken, low sodium bacon, cheddar cheese, apples, fresh thyme and honey mustard on organic multi-grain bread.

Calories 420 **Fat** 27gr **Sodium** 850g **Carbohydrates** 58g
Sugar 18g **Protein** 36g
Allergens: milk, wheat.

Italian **\$3.50**

Low sodium ham, salami, mozzarella cheese with basil pesto and sundried tomatoes on a toasted corn hoagie roll.

Calories 490 **Fat** 22gr **Sodium** 1100g **Carbohydrates** 50g
Sugar 9g **Protein** 26g
Allergens: milk, wheat.