

YOUR DAILY DOSE OF DELICIOUS

FRESHLY FAST

Monday - Friday

Retail | 11:00 am - 04:00 pm

Lunch | 11:00 am - 02:00 pm

WEEK OF JANUARY 27

HISSHO SUSHI

Nagano Special	13.99	Dynamite	8.99
TNT	13.99	Krispy Krab	8.99
Outer Banks	12.99	Crunchy Cali	8.99
Living Color	11.99	Philadelphia	7.99
Shrimp Tempura	10.99	California	7.49

STATION 01

MARCO'S PIZZA

10" Deluxe Pizza	11.70
10" Pepperoni Pizza	9.00
10" Cheese Pizza	8.10
Dipping Cups	0.90

STATION 02

GOLDIE WRAPS

Bourbon Chicken Wrap / Buffalo Chicken Wrap	10.80
Salmon Wrap	13.50
Shrimp Wrap / Steak Wrap	10.80
Veggie Wrap	9.00
Side Salad / Pasta Salad	2.70

STATION 03

SWEET LEW'S BBQ

BBQ Plate + 1 Side	10.80
BBQ Sandwich + 1 Side	10.80
Sides: Mac & Cheese, Brisket Beans, Potato Salad, Pasta Salad, Coleslaw	4.50

STATION 04

KAUDON (CURRY)

Beef Japanese Curry Rice	13.05
Chicken Japanese Curry Rice	13.05
Vegetable Japanese Curry Rice	13.05
Croquette	2.00
EBI Fry	2.70

SPRIG & SPROUT

SANDWICHES & SALADS

Chicken & Provolone Croissant	8.10
Big Italy Wrap	6.80
Chicken Salad Sandwich	6.50
Buffalo Chicken Tender Wrap	5.85
Tuna Salad Sandwich	5.40
Egg Salad Sandwich	5.20
PB&J Crunch Sandwich	4.85
The Cobb Salad	8.40
Greek Shaker with Quinoa Salad	8.40
Chef Salad	8.40

SNACK BOXES

Protein Snack Box	7.50
Fruit & Cheese Snack Box	7.00
Thai Noodle and Veggie Salad	4.65
Chicken Pesto Pasta Salad	3.25
Roasted Red Pepper Hummus & Veggies	4.50
Fresh Veggies & Ranch	4.50



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CHOP'D & WRAP'D

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Autumn Quinoa Salad 11.00
grilled chicken with roasted beets, roasted butternut squash, shredded carrots, pickled red onion, sunflower seeds, goat cheese and parmesan on a bed of romaine, baby kale and quinoa with choice of dressing

Chopped Kale Chicken Caesar 11.00
fresh baby kale and chopped romaine lettuce with grilled chicken breast, roasted tomatoes and grated parmesan cheese

Harvest Salad 11.00
lettuce blend topped with apples, roasted butternut squash, shaved brussel sprouts, feta, cranberries, cherry tomato and roasted turkey breast with housemade balsamic dressing

Build Your Own Salad varies

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