

Deli

SATURDAY

The Tijuana..... \$4.90

Smoked Turkey, pepper jack cheese, chipotle mayo, served on sourdough bread.

BBQ Chicken Chipotle Nourish \$4.10

Grilled chicken mixed with spinach, cucumbers, chipotle mayonnaise and cheddar cheese, wrapped in a whole wheat tortilla.

Fruit Protein Box \$3.99

Sliced red apple slices, roasted almonds and dried cranberries, sliced mozzarella and hard-boiled egg, wheat crackers.

Vegetable Protein Box \$3.99

Spicy Greek yogurt ranch, sliced celery and baby carrots, whole-grain pretzels, hard-boiled egg.



HEART
HEALTHY
<30% calories



VEGETARIAN
Lacto-Ovo



LOW SODIUM
Entrée <480mg/serving
Side <240mg/serving



HIGH FIBER
Entrée >5gm/serving