

Deli

TUESDAY

Sonoma Wrap   **Nourish** **\$4.65**

Seasoned chicken breast with grilled bell pepper and onions, jasmine rice, black beans, guacamole, and chipotle mayonnaise wrapped in a whole wheat tortilla.

The Broadway  **\$5.70**

Juicy pan-roasted turkey breast, sliced avocado, crispy bacon, green leaf lettuce, and sliced tomatoes served on nine grain wheat bread.

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
from fat



VEGETARIAN
Lacto-Ovo



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



HIGH FIBER
Entrée >5gm/serving