



build your own \$6.99

start here

name: _____

Bread- choose one

- Ed's Multi-Grain —Avalon Rye
- Avalon Farm —WW Wrap
- Ciabatta (+50¢) —G-F Bread (+\$1)
- Pretzel Bun (+50¢) —Onion Roll (+50¢)

Protein- choose one

- Roast Turkey —Roast Beef
- Smoked Turkey —Ham
- Sesame Tofu —Salami
- Tempeh Teriyaki —Turkey Pastrami
- Roast Chicken

Cheese- care for one?

- Cheddar —Swiss
- Jarlsberg Lite —Havarti
- Provolone —Pepper Jack

Sauce- you pick 'em

- Mustard- Dijon —Mayonnaise
- Honeycup —Aioli Mayo
- Stone Ground —Basil Mayo
- Thousand Island —Spicy Veganaise

Veggies- you pick 'em

- Lettuce —Cucumber
- Tomato —Shredded Carrots
- Red Onion —Red Pepper
- Spinach —Sprouts

Extras- + 50¢ each

- Avocado —Bacon (+ \$1)
- Brinery Kraut —Roasted Garlic
- Rstd. Red Pepper —Pepperoncini
- Feta Cheese —Carmelized Onions

Kids Menu

- Toasted Bagel \$2 —PB & J \$3
- w/ Cream Cheese —Grilled Cheese \$3



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