

HEY EVERYONE, BE SURE TO GRAB YOUR OWN FORM.
EVEN IF YOU'RE MAKING SOMEBODY ELSE PAY!

CREATE SALAD \$6

OR PICK2 \$7 > SMALL SALAD WITH (CHOOSE 1)

SMALL PASTA OR SMALL PANINI

SMALL PIZZA OR SOUP

JUST SMALL SALAD \$4.5

1. SELECT GREENS

- ROMAINE POWER MIX
 SPINACH* SPRING MIX

DRESSING

- ON THE SIDE NONE EXTRA (Add .50)

2. SELECT DRESSING

- ITALIAN CAESAR HONEY DIJON
 RANCH FRENCH (FF) BALSAMIC (FF)
 PEAR (FF) FUJI APPLE RASPBERRY (FF)
 SESAME GINGER EV OLIVE OIL (SELF-SERVE)

2. PREMIUM TOPPINGS

\$1.5 EACH (.75 EACH FOR SMALL/PICK2)

- TOFU* FRESH MOZZ GOAT CHEESE
 SHRIMP* BACON TURKEY
 GRILLED CHICKEN* SLICED STEAK
 BREADED BUFFALO CHICKEN

3. FREE TOPPINGS (UP TO 6)

- MOZZARELLA SUNFLOWER SEEDS
 FETA ALMONDS*
 CHEDDAR WALNUTS
 BLEU CHEESE CUCUMBERS*
 PARMESAN CARROTS*
 SUNDRIED TOMATOES* BROCCOLI*
 FRESH APPLE* MUSHROOMS*
 PINEAPPLE* GREEN PEPPERS*
 MANGO RED ONIONS*
 STRAWBERRIES ZUCCHINI
 PEAR RED PEPPERS*
 BANANA ARTICHOKE
 CRAISINS BLACK OLIVES*
 CHOW MEIN NOODLES BANANA PEPPERS
 CROUTONS TOMATO*

FREE SIDE WITH FULL SALAD NONE

PIECE OF FRUIT BAGUETTE GARLIC BREAD

HERE OR TO GO

NAME _____

CREATE PASTA \$6

OR PICK2 \$7 > SMALL PASTA WITH (CHOOSE 1)

SMALL SALAD OR SOUP

JUST SMALL PASTA \$4.5

SERVED WITH GARLIC BREAD

SELECT NOODLES

- FETTUCCHINE SPAGHETTI (WHOLE WHEAT)
 CAVATAPPI MULTI GRAIN ROTINI

NO SAUCE MAKE IT SPICY PARMESAN

1. SELECT SAUCE EXTRA SAUCE \$1

- MARINARA ALFREDO
 CREAMY MARINARA 4 CHEESE CHEDDAR
 SPAGHETTI PESTO
 MEAT SAUCE CREAMY PESTO
 OLIVE OIL GARLIC BUTTER
 SESAME GINGER (FF)

2. PREMIUM TOPPINGS

\$1.5 EACH (.75 EACH FOR SMALL/PICK2) 1 FREE ON PIZZA AND PANINI

- MEATBALLS CANADIAN BACON TURKEY GRILLED TOFU* GOAT CHEESE
 ITALIAN BEEF GRILLED CHICKEN* BACON PORTOBELLO FRESH MOZZARELLA
 PEPPERONI BUFFALO CHICKEN ITALIAN SAUSAGE SHRIMP* EXTRA CHEESE


ALL INGREDIENTS MARKED WITH AN ASTERISK (*) ARE DESIGNATED AS ONE OF THE **WORLD'S HEALTHIEST FOODS** ACCORDING TO **WHFOODS.ORG**

3. FREE TOPPINGS

(UP TO FOUR) ADDITIONAL TOPPINGS - \$1 EACH (.75 EACH FOR SMALL/PICK2)

- FETA SUNDRIED TOMATOES* ALMONDS RED ONIONS* BLACK OLIVES*
 CHEDDAR FRESH APPLE* WALNUTS BROCCOLI* BANANA PEPPERS
 BLEU CHEESE PINEAPPLE* CARROTS* ZUCCHINI SPINACH*
 PARMESAN MANGO MUSHROOMS* RED PEPPERS* TOMATO*
 BASIL* PEAR GREEN PEPPERS* ARTICHOKE ROMAINE

SOUP \$4

- MY SOUP IS PART OF A PICK2
 PUT MY SOUP IN A BREAD BOWL (Add 1.50) 
 TOMATO BASIL (Vegetarian) 310 Cal.
 GARDEN VEGETABLE (Vegan) 80 Cal.
 BROCCOLI CHEDDAR 275 Cal.
 CREAMY SPINACH ARTICHOKE (Vegetarian) 190 Cal.
 ASIAGO CHEESE BISQUE 250 Cal.

SIDES

- KETTLE CHIPS - \$1 
 PIECE OF FRUIT - \$1
 GARLIC BREAD - \$1 90 Cal.
 3-CHEESE GARLIC BREAD - \$3 270 Cal.
 SIDE CAESAR SALAD - \$2.50 152 Cal.
 SIDE CHICKEN CAESAR - \$3 189 Cal.

HOW TO PROPERLY FILL OUT YOUR CHOICES
 SERIOUSLY? POOR JACKPOT

CREATE PANINI \$6

OR PICK2 \$7 > SMALL PANINI WITH (CHOOSE 1)

SMALL SALAD OR SOUP

JUST SMALL PANINI \$4.5

INCLUDES ONE PREMIUM TOPPING

MAKE IT ON WHOLE WHEAT

YOUR **BIG 10 INCH PANINI** IS BAKED ON OUR FRESH BAGUETTE WITH MOZZARELLA CHEESE

NO CHEESE

1. SELECT SPREAD

- NO SPREAD PESTO
 MAYO RANCH
 CHIPOTLE MAYO CHIPOTLE RANCH
 PESTO MAYO BARBEQUE
 OLIVE OIL-GARLIC TOMATO SAUCE
 ROASTED GARLIC MAYO

CREATE PIZZA \$6

OR PICK2 \$7 > SMALL PIZZA WITH (CHOOSE 1)

SMALL SALAD OR SOUP

JUST SMALL PIZZA \$4.5

INCLUDES ONE PREMIUM TOPPING

MAKE IT ON WHOLE WHEAT

MAKE IT GLUTEN FREE
(Add \$1 - 9" ROUND - FULL SERVING ONLY)

1. SELECT SAUCE

- TOMATO RANCH
 GARLIC TOMATO CHIPOTLE RANCH
 PESTO BARBEQUE
 GARLIC OLIVE OIL

ALL PIZZAS INCLUDE MOZZARELLA CHEESE

NO CHEESE LITE (LESS) CHEESE

DRINKS

- FILTERED WATER - FREE 
 SODA/ICED TEA/LEMONADE - \$2
 COFFEE/HOT TEA - \$2 (FREE REFILLS)
(\$1.50 WHEN YOU USE YOUR CUP)
 BOTTLED DRINKS - \$2.50
 FRUIT & COFFEE SMOOTHIES
REGULAR - \$3.50 / LARGE - \$4.50

HEY EVERYONE, BE SURE TO GRAB YOUR OWN FORM.
EVEN IF YOU'RE MAKING SOMEBODY ELSE PAY!

CLASSIC SALAD \$6

OR PICK2 \$7 > SMALL SALAD WITH (CHOOSE 1)

- SMALL PASTA OR SMALL PANINI
 SMALL PIZZA OR SOUP
 JUST SMALL SALAD \$4.5

DRESSING

- ON THE SIDE NONE EXTRA (Add .50)
 SUBSTITUTE DRESSING

- FULL TRADITIONAL GREEK 189/95 Cal. Small/Pick2 (Add .75)
 Mixed greens, greek dressing, feta, red onions, cucumbers, black olives & roma tomatoes
 GORGONZOLA APPLE CRUNCH 368/184 Cal.
 Mixed greens, greek dressing, carrots, fresh apples, almonds & roma tomatoes
 GARDEN SALAD 486/243 Cal.
 Mixed greens, ranch, carrots, croutons, red onions, green peppers & roma tomatoes
 CAESAR SALAD 532/261 Cal.
 Romaine, caesar dressing, parmesan & croutons

ADD A PREMIUM INGREDIENT FOR \$1 (.75 each for Small/Pick2)

- TOFU* FRESH MOZZ GOAT CHEESE
 SHRIMP* BACON TURKEY
 GRILLED CHICKEN* SLICED STEAK
 BREADED BUFFALO CHICKEN

FULL PREMIUM CLASSICS \$7 Small/Pick2 (Add .75)

- STRAWBERRY ROMAINE 250/125 Cal.
 Honey dijon, romaine, strawberries, pineapple, mangoes, bananas & celery seeds
 JILLIAN'S ASIAN EXPRESS 328/164 Cal.
 Mixed greens, chicken, asian sesame dressing, feta, cucumbers, raisins, chow mein noodles & almonds
 STEAK-N-BACON 401/201 Cal.
 Spring mix, pear vinaigrette, bleu cheese, red onions & tomatoes
 PEAR & GOAT CHEESE 428/214 Cal.
 Spring mix tossed with our fuji apple vinaigrette, creamy goat cheese, fresh pears, raisins, toasted almonds & tomatoes
 CHICKEN CAESAR SALAD 622/306 Cal.
 Chicken, romaine, caesar dressing, parmesan & croutons
 BUFFALO CHICKEN 699/350 Cal.
 Mixed greens, ranch, cheddar cheese, red onions, croutons & tomatoes

- FREE SIDE WITH FULL SALAD NONE
 PIECE OF FRUIT BAGUETTE GARLIC BREAD

HERE OR TO GO

NAME _____

CLASSIC PASTA \$6

OR PICK2 \$7 > SMALL PASTA WITH (CHOOSE 1)

- SMALL SALAD OR SOUP
 JUST SMALL PASTA \$4.5

FULL SIZE SERVED WITH GARLIC BREAD

- FULL FETTUCCHINE PRIMAVERA MARINARA 577/289 Cal. Small/Pick2 (Add .75)
 Green peppers, broccoli & carrots
 VEGGIE MULTI-GRAIN ROTINI 711/356 Cal.
 Red onions, carrots, artichokes, spinach & creamy marinara
 SPAGHETTI WITH MEATBALLS 764/382 Cal.
 FETTUCCHINE ALFREDO 797/399 Cal.
 BAKED MAC & CHEESE 944/472 Cal.
 Cavatappi & bread crumbs

ADD A PREMIUM INGREDIENT FOR \$1 (.75 each for Small/Pick2)

- CHICKEN* BUFFALO CHICKEN MEATBALLS
 GRILLED TOFU* SHRIMP* PORTOBELLO

FULL PREMIUM CLASSICS \$7 Small/Pick2 (Add .75)

- ASIAN ROTINI STIR FRY 487/244 Cal.
 8-grain Organic Rotini & your choice of:
 Tofu Chicken or Shrimp, with broccoli, carrots, red peppers and tossed with our fat free sesame ginger sauce
 TOMATO BASIL MULTI-GRAIN ROTINI 613/307 Cal.
 Red onions, roma tomatoes, garlic, & meat sauce
 CHICKEN CAVATAPPI 767/384 Cal.
 Mushrooms, zucchini, spinach, spicy creamy marinara
 CHICKEN ALFREDO 884/442 Cal.
 LEMON CHICKEN SPAGHETTI 947/474 Cal.
 Green peppers, red onions & lemon butter sauce

FULL FULL \$5 Small/Pick2 (Add .75)

- SPAGHETTI 524/262 Cal.

PARMESAN (FREE) YES NO

SOUP \$4

- MY SOUP IS PART OF A PICK2
 PUT MY SOUP IN A BREAD BOWL (Add 1.50)
 TOMATO BASIL (Vegetarian) 310 Cal.
 GARDEN VEGETABLE (Vegan) 80 Cal.
 BROCCOLI CHEDDAR 275 Cal.
 CREAMY SPINACH ARTICHOKE (Vegetarian) 190 Cal.
 ASIAGO CHEESE BISQUE 250 Cal.

CLASSIC PANINI \$6

OR PICK2 \$7 > SMALL PANINI WITH (CHOOSE 1)

- SMALL SALAD OR SOUP
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MAKE IT ON WHOLE WHEAT

YOUR BIG 10 INCH PANINI IS BAKED ON OUR FRESH BAGUETTE WITH MOZZARELLA CHEESE

NO CHEESE

FULL PREMIUM CLASSICS \$7 Small/Pick2 (Add .75)

- PESTO VEGETARIAN 743/372 Cal.
 Mozzarella, artichokes, red peppers, spinach & sun-dried tomatoes
 VEGGIE LOVER 744/372 Cal.
 Olive oil garlic sauce, mozzarella/parmesan cheese blend, green peppers, red onions, zucchini, red peppers & tomatoes
 CLASSIC ITALIAN 768/385 Cal.
 Extra virgin olive oil and fresh garlic, mozzarella, ham, salami, pepperoni, fresh tomatoes and basil
 TOTALLY TURKEY 790/385 Cal.
 Mayo, mozzarella, red onion, tomatoes and romaine
 HONEY HAM 810/405
 Mayo, mozzarella, red onion, tomatoes and romaine
 ROASTED PORTOBELLO 404/202 Cal.
 Garlic olive oil, red onions, red peppers & mozzarella
 BARBEQUE CHICKEN 678/339 Cal.
 With mozzarella and cheddar cheese
 BUFFALO CHICKEN 881/441 Cal.
 Ranch, mozzarella and cheddar cheese
 MEATBALL SUPREME 899/450 Cal.
 CHIPOTLE CHICKEN 904/452 Cal.
 Chipotle mayo, mozzarella, red onions, fresh basil, tomatoes & bacon
 CLUB PARIDISO 908/454 Cal.
 Roasted garlic mayo, mozzarella, cheddar, turkey, ham, bacon & roma tomatoes
 PHILLY STEAK 908/454 Cal.
 Mozzarella, Italian beef, mushrooms, green peppers & red onions

SIDES

- KETTLE CHIPS - \$1 
 PIECE OF FRUIT - \$1
 GARLIC BREAD - \$1 90 Cal.
 3-CHEESE GARLIC BREAD - \$3 270 Cal.
 SIDE CAESAR SALAD - \$2.50 152 Cal.
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MAKE IT ON WHOLE WHEAT

MAKE IT GLUTEN FREE
 (Add \$1 - 9" ROUND - FULL SERVING ONLY)

ALL PIZZAS INCLUDE MOZZARELLA CHEESE

NO CHEESE LITE (LESS) CHEESE

FULL PREMIUM CLASSICS \$7 Small/Pick2 (Add .75)

- PIZ"ZA" MARGHERITA 638/319 Cal.
 Red sauce, extra virgin olive oil, garlic, fresh mozzarella, roma tomatoes & fresh basil
 HAWAIIAN 654/327 Cal.
 Tomato sauce, canadian bacon, pineapple & mozzarella cheese
 SUNDRIED TOMATO & GOAT CHEESE 656/328 Cal.
 Red sauce, mozzarella, black olives & spinach
 BARBEQUE CHICKEN 769/385 Cal.
 Cheddar, mozzarella & red onions
 PIZ"ZA" PORTOBELLO 822/411 Cal.
 Extra virgin olive oil, garlic, fresh mozzarella, red peppers & fresh basil
 TUSCANY WHITE 882/441 Cal.
 Mozzarella/parmesan cheese, chicken, artichokes & red peppers
 BUFFALO CHICKEN 984/492 Cal.
 Ranch dressing, mozzarella & red onions
 CHICKEN FAJITA 1019/510 Cal.
 Chipotle ranch, mozzarella/cheddar cheese, green peppers, red onions & sour cream

FULL FULL \$5 Small/Pick2 (Add .75)

- EXTRA CHEESE "ZA" 590/295 Cal.
 SAUSAGE "ZA" 801/401 Cal.
 DOUBLE PEPPERONI "ZA" 861/431 Cal.

DRINKS

- FILTERED WATER - FREE
 SODA/ICED TEA/LEMONADE - \$2
 COFFEE/HOT TEA - \$2 (FREE REFILLS)
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 BOTTLED DRINKS - \$2.50
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