

# Personal Pizzas

**7" SERVING BAKED IN A TRADITIONAL BRICK OVEN**

**CHEESE \$3<sup>50</sup>**

**AVAILABLE TOPPINGS 75¢ EACH:**

Bacon, Beef, Ham, Pepperoni, Chicken, Sausage, Taco Beef, Banana Peppers, Bell Peppers, Black Olives, Broccoli, Jalapeños, Mushrooms, Red Onions, Roasted Red Peppers, Spinach, Tomatoes and Goat Cheese

## SPECIALTY PIZZAS

**SMOKEHOUSE \$6**

Chicken, cheddar jack cheese, red onions and barbecue sauce

**MEXICAN \$6**

Taco beef, cheddar jack cheese, red onions, tomatoes and taco sauce

**SUPREME \$6**

Pepperoni, sausage, bell peppers, mushroom and red onions

**NEW WORLD \$6**

Goat cheese, mozzarella cheese, red onions, roasted red peppers and spinach

**MAKE IT A COMBO**

Add a side salad and a medium drink for \$2.50 or add a medium drink and chips, apple or cookie for \$2.

## Salads

**CHEF SALAD 🍎 \$5<sup>50</sup>**

Salad mix, ham, turkey, cheddar jack cheese, broccoli, tomatoes and a hard boiled egg with your choice of dressing

*Calories 344, Fat 15 g, Sodium 1,324 mg\**

**CHICKEN CAESAR \$5<sup>50</sup>**

Romaine lettuce, shredded parmesan cheese, croutons and Caesar dressing

**SIDE SALAD 🍎 \$2<sup>50</sup>**

Salad mix, cheddar jack cheese and tomatoes with your choice of dressing

*Calories 127, Fat 9 g, Sodium 191 mg\**

\* Nutritional information for salads does not include dressing

## Custom Sandwiches \$5

**BREAD**

White, Wheat Berry, White Ciabatta, Hoagie, Pretzel Roll, Croissant, Flour Tortilla, Spinach Wrap, Tomato Basil Wrap, Gluten-Free Bread

**VEGETABLES**

Banana Peppers, Bell Peppers, Black Olives, Broccoli, Pickles, Jalapeños, Lettuce, Mushrooms, Red Onions, Roasted Red Peppers, Spinach, Tomatoes

**MEATS**

Turkey, Ham, Roast Beef, Tuna Salad, Chicken Salad

**CHEESES**

American, Cheddar, Pepper Jack, Provolone, Swiss

# Gourmet Sandwiches

## FLYING COW CLUB \$5<sup>50</sup>

Turkey, ham, bacon, cheese, pickles, lettuce, red onions, tomatoes and mayo on three slices of toasted white bread

## TUNA SALAD \$5

Tuna salad, pickles, lettuce, red onions, and tomatoes on wheat berry bread

## CALIFORNIA TURKEY \$5<sup>50</sup>

Turkey, bacon, Swiss cheese, spinach, tomatoes and guacamole on a croissant

## CHICKEN SALAD \$5

Creamy chicken salad, lettuce, and tomatoes on a Bavarian pretzel roll

## HOT ITALIAN \$5<sup>50</sup>

Ham, pepperoni, melted provolone, banana peppers, roasted red peppers, and basil pesto aioli on a hoagie

## Paninis

### DELRAY CHICKEN \$5<sup>50</sup>

Grilled chicken breast, goat cheese, spinach, tomatoes and citrus aioli on pressed ciabatta

### FIT TURKEY 🍏 \$5

Turkey, cheddar cheese, red onions, tomatoes and guacamole on pressed ciabatta

*Calories 336, Fat 6 g, Sodium 1,382 mg*

### FIT ROAST BEEF 🍏 \$5

Roast beef, cheddar cheese, red onions, spinach, and tomatoes on pressed ciabatta

*Calories 401, Fat 13 g, Sodium 1,442 mg*

### GRILLED CHEESE \$4<sup>25</sup>

Your choice of cheeses on pressed ciabatta

### SPICY ROAST BEEF \$5<sup>50</sup>

Roast beef, cheddar cheese, red onions, spinach, tomatoes and wasabi mayo on pressed ciabatta

### HAM 🍏 \$5

Ham, Swiss cheese, banana peppers and tomatoes on pressed ciabatta

*Calories 323, Fat 6 g, Sodium 1,651 mg*

### TURKEY \$5

Turkey, bacon, cheddar cheese, red onions, tomatoes, avocado and ranch dressing on pressed ciabatta

## MAKE IT A COMBO

Add a side salad and a medium drink for \$2.50 or add a medium drink and chips, apple or cookie for \$2.

## Wraps

### ROAST BEEF WRAP \$5<sup>50</sup>

Roast beef, cheddar cheese, spinach and tomatoes on a tomato basil wrap

### CLUB WRAP \$5<sup>50</sup>

Turkey, ham, bacon crumbles, American cheese, lettuce and tomatoes on a spinach wrap

### CHICKEN BACON WRAP \$5<sup>75</sup>

Chicken, bacon crumbles, cheddar jack cheese, lettuce and tomatoes on a flour tortilla