

Personal Pizzas

7" SERVING BAKED IN A TRADITIONAL BRICK OVEN

CHEESE \$3⁵⁰

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  \$5⁵⁰

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 \$5⁵⁰

Romaine lettuce, shredded parmesan cheese, croutons and Caesar dressing

SIDE SALAD  \$2⁵⁰

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 \$5⁵⁰

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 \$5⁵⁰

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

HOT ITALIAN \$5⁵⁰

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

CHICKEN SALAD \$5

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

Paninis

DELRAY CHICKEN \$5⁵⁰

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 \$4²⁵

Your choice of cheeses on pressed ciabatta

SPICY ROAST BEEF \$5⁵⁰

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 \$5⁵⁰

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

CLUB WRAP \$5⁵⁰

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

CHICKEN BACON WRAP \$5⁷⁵

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