

## SWHEAT SALADS

### HOUSE-MADE DRESSINGS:

1000 Island, Apple Cider Vinaigrette, Balsamic Vinaigrette, Chipotle Lime Ranch, Honey Mustard, Maple Balsamic, Ranch,

### EXTRA DRESSINGS AND HOUSE MADE SAUCES \$.50

#### SALAD SAMPLER PLATE

Generous scoop of our famous chicken or tuna on mixed greens, seasonal shredded veggies, house cucumbers, tomato with your choice of 2 COLD sides \$12.50

#### CHICKEN CAESAR SALAD

Grilled Chicken breast, mixed greens, house croutons, black olives, Parmesan cheese & Caesar dressing \$12.50

#### LARGE VEGGIE SALAD

Mixed greens, seasonal shredded veggies, tomato, red onion, house cucumbers, balsamic glazed portabellas & your choice of dressing \$10

#### GRILLED CHICKEN SALAD

Sliced Grilled Chicken, mixed greens, tomato, seasonal shredded veggies, house cucumbers, red onion, house croutons & your choice of dressing \$12.50

#### CHICKEN SALAD OR TUNA SALAD

Served on mixed greens with seasonal shredded veggies, tomato house cucumbers & your choice of dressing \$10.50

#### CHEF SALAD

Mixed greens, tomato, onion, ham, turkey, cheddar cheese, swiss cheese & your choice of dressing \$12.50

#### FALL SALAD

Mixed greens, house candied pecans, cranberries, fresh sliced pears served with Maple Balsamic dressing \$12

#### HOUSE SIDE SALAD

Mixed greens, fresh veggies & your choice of dressing \$5

## SWHEAT SANDWICHES

#### CHICKEN SALAD CROISSANT

Chicken Salad, mixed greens, tomato, mayo on croissant \$8.50

#### HAM & CHEDDAR

Ham, cheddar, mixed greens, tomato, red onion, Honey Mustard on Marble Rye \$8

#### VEGGIE WRAP or SANDWICH

Seasonal shredded veggies, glazed portabellas, mixed greens, tomato, house cucumbers, red onion, house Herb Mayo in a Wheat Wrap \$9

#### TUNA SALAD CROISSANT

Tuna Salad, mixed greens, tomato, mayo on Croissant \$8.50

#### TURKEY & SWISS

Turkey, swiss, mixed greens, tomato, red onion, house Roasted Red Pepper Spread on Wheat \$8.50

#### PIMENTO CHEESE

Pimento Cheese, mixed greens, tomato, mayo on Sour Dough \$8

## HALF SANDWICHES

## NO HOT $\frac{1}{2}$ Sandwiches, NO $\frac{1}{2}$ Croissants or Wraps

**BREADS:** Wheat, White, Marble Rye, Sour Dough

HALF SANDWICH \$5

HALF Sandwich & Soup \$10

HALF Sandwich & Side Salad \$10

Side Salad & Soup \$10

## SCOOPS

CHICKEN SALAD \$5.50

TUNA SALAD \$5.50

HOMEMADE PIMENTO CHEESE \$5

Sandwiches served on preservative free bread & Deli meats are MSG Nitrate free

**BREADS:** White, Wheat, Sour Dough, Marble Rye, Hoagie Roll, Wheat Bun, White Bun, Ciabatta, Wheat Wrap, Croissant

**CHEESE:** American, Cheddar, Havarti, Pepper Jack, Pimento Cheese, Poblano, Provolone, Swiss

**ADD ON:** Chicken \$5

Bacon \$4

Cheese \$1.75

Avocado \$3

Glazed Portabella \$3

**EXTRA DRESSINGS & HOMEMADE SAUCES \$.50**



## **SWHEAT SOUPS**

**THREE HOUSE-MADE SOUPS DAILY**

**LARGE BOWL \$7.50**

**SMALL BOWL \$5.00**

## **HOT OFF THE GRILL**

### **BLACK BEAN BURGER**

House-made Black Bean Burger, mango salsa, mixed greens, tomato, house Chipotle cream on Wheat Bun \$10

### **CUBAN**

House Roasted Pork, sliced ham, swiss, yellow mustard, dill pickles, on grilled Cuban Bread \$11

### **GRILLED HAVARTI CHEESE**

Havarti cheese, fresh basil pesto, house garlic spread on Sour Dough \$8

### **PEPPERED BACON BLT**

Bacon, mixed greens, tomato, house herb mayo on grilled Sour Dough \$9

### **SPINACH PORTABELLA MUSHROOM QUESADILLA**

Spinach, swiss, Balsamic Glazed Portabellas, house poblano cream in a Wheat Tortilla \$9

Chicken \$5 Bacon \$4 Avocado \$3

### **\*SWHEAT BURGER\***

8 Oz. Local beef patty, poblano cheese, mixed greens, tomato red onion on a Wheat Bun \$12

### **TOMATO, BASIL, MOZZARELLA**

Thick sliced Mozzarella, pesto spread, mixed greens, tomato, house Balsamic Vinaigrette on grilled Ciabatta. \$9

## **SIDES**

Hand-Cut French Fries \$4

Potato Salad \$3

Jalapeno Coleslaw \$3

Tater Tots \$4

Dill Pickle Fries \$4

Chips \$2

## **CHILDREN'S MENU**

**SIDES SEPERATE KID DRINK \$1.00**

PEANUT BUTTER & JELLY \$4

GRILLED CHEESE \$4

KID BURGER \$4

CHICKEN TENDERS \$4

### **DAN'S BRISKET SAMMY**

House Roasted Angus Beef Brisket, house BBQ sauce, Pepper Jack, jalapenos topped with 2 onion rings on a White Bun \$12

### **COACH HARRIS**

Sliced Grilled Chicken, bacon, house BBQ sauce, cheddar, grilled red onion on a grilled Hoagie Roll \$11

### **GRILLED REUBEN (Corned Beef \$12 or Turkey \$11)**

Coca Cola glazed Corned Beef or sliced Turkey, swiss, sauerkraut, house 1000 island or spicy mustard on grilled Marble Rye

### **ROAST BEEF & PROVOLONE**

House grilled roast beef, provolone, sauteed pepper & onions, horseradish cream on grilled Sour Dough \$12

### **SWHEAT CLUB**

Turkey, ham, bacon, swiss, cheddar, mixed greens, tomato, house Herb Mayo on grilled Ciabatta \$13

### **\*SLIDER\***

4 Oz. Local beef patty, mixed greens, tomato, red onion, on a White Bun served with Hand-cut Fries \$10

### **CHICKEN TENDERS**

6 Chicken breast tenders served fried OR grilled \$10

Swheat Potato Fries \$4

Pasta Salad \$3

House Cucumbers \$3

Swheat Potato Tots \$4

Onion Rings \$4

\*Consuming Raw or Under Cooked Meats, Poultry, Shellfish or Eggs may Increase Risk of Food Borne Illness. All Food cooked to order\*