

FRESH food



FRESH smoothies



TOASTED wraps

ALL WRAPS SERVED WITH CHIPS OR FRUIT

Buffalo Chicken™

Chicken, Low-Fat Mozzarella, Tomatoes, Romaine, Buffalo Sauce, Light Ranch in a Toasted Flour Tortilla

King Caesar™

Chicken, Parmesan, Tomatoes, Romaine, Caesar in a Toasted Garlic Herb Tortilla

Totally Turkey™

Turkey, Swiss, Tomatoes, Romaine, Light Ranch in a Toasted Garlic Herb Tortilla

Jamaican Jerk Chicken™

Chicken, Low-Fat Mozzarella, Southwestern Rice with Corn, Black Beans & Asparagus, Onions, Jamaican Jerk Sauce Toasted in a Toasted Flour Tortilla

Thai Chicken™

Chicken, Wontons, Carrots, Sesame Seeds, Romaine, Thai Peanut Dressing in a Toasted Flour Tortilla

Southwest Chicken™

Chicken, Salsa, Southwestern Rice with Corn, Black Beans & Asparagus, Tomatoes, Onions, Guacamole, Romaine, Light Southwest Ranch in a Toasted Flour Tortilla

Hummus Veggie™ **NEW**

Hummus, Pepper Jack, Southwestern Rice with Corn, Black Beans & Asparagus, Onions, Romaine & Salsa in a Toasted Garlic Herb Tortilla



TOASTED sandwiches

ALL SANDWICHES SERVED WITH CHIPS OR FRUIT

Cranberry Walnut Chicken Salad™

Cranberry Walnut Chicken Salad, Tomatoes & Field Greens on Nine-Grain Wheat (toasting optional)

Turkey Bacon Ranch™

Turkey, Bacon, Swiss, Tomatoes, Field Greens & Light Ranch on a Toasted Ciabatta

Wasabi Caesar Roast Beef™

Roast Beef, Pepper Jack, Romaine & Wasabi Caesar Dressing on a Toasted Ciabatta

Ultimate Club™

Ham, Turkey, Bacon, Swiss, Parmesan, Tomatoes, Field Greens & Chipotle Mayonnaise on a Toasted Ciabatta

Turkey Guacamole™

Turkey, Guacamole, Cilantro-Lime, Onions, Tomatoes & Field Greens on Nine-Grain Wheat (toasting optional)

FRESH salads

Chicken Caesar™

Romaine, Chicken, Parmesan, Tomatoes & Caesar Dressing

Southwest Chicken™

Romaine, Field Greens, Chicken, Southwestern Rice with Corn, Black Beans & Asparagus, Tomatoes, Onions, Salsa, Guacamole & Light Southwest Ranch Dressing

Thai Chicken™

Romaine, Field Greens, Chicken, Wontons, Sesame Seeds, Carrots & Thai Peanut Dressing



TOASTED flatbreads

Chicken Pesto™

Chicken, Low-Fat Mozzarella, Parmesan, Tomatoes & Pesto on a Toasted Flatbread

Baja Chicken™

Chicken, Low-Fat Mozzarella, Green & Red Peppers, Onions, Romaine & Light Southwest Ranch on a Toasted Flatbread

Chipotle Chicken Club™ **NEW**

Chicken, Pepper Jack, Bacon, Romaine, Tomatoes & Chipotle Mayonnaise on a Toasted Flatbread

Caribbean Luau™

Chicken, Low-Fat Mozzarella, Pineapple, Romaine & Jamaican Jerk Sauce on a Toasted Flatbread

Honey Ham & Swiss™

Ham, Swiss, Tomatoes, Field Greens & Honey Mustard on a Toasted Flatbread

ALL DAY breakfast

ALL WRAPS AVAILABLE IN REGULAR OR JUNIOR SIZES

Early Bird™ Wrap

Eggs, Chicken, Pepper Jack, Tomatoes & Chipotle Mayonnaise in a Toasted Flour Tortilla

Salsa Sunrise™ Wrap

Eggs, Ham, Bacon, Pepper Jack & Salsa in a Toasted Flour Tortilla

All American™ Wrap

Eggs, Ham, Bacon & American in a Toasted Flour Tortilla

The Classic™ Sandwich

Eggs, Cheddar & American and Your Choice of Bacon, Ham or Sausage on a Toasted Ciabatta

Buffalo Kick Start™ Sandwich

Eggs, Bacon, Ham, Pepper Jack & Buffalo Sauce on a Toasted Ciabatta

Toasted Bagel with Cream Cheese



LOW-FAT smoothies

24 OZ. SERVING

Sunny Day™

Mango, Banana, Orange & Kiwi

Kiwi Quencher™ **260**

Kiwi, Strawberries & Non-Fat Yogurt

Paradise Point™

Strawberries, Banana & Pineapple

Mango Magic™

Mango, Pineapple & Non-Fat Yogurt

Blimey Limey™ **270**

Strawberries, Pineapple, Orange & Lime

Sunrise Sunset™ **260**

Strawberries, Pineapple, Mango & Orange

Blue Lagoon™

Blueberries, Strawberries & Banana

Hawaiian Breeze™ **210**

Pineapple, Orange & Non-Fat Yogurt

Peaches 'N Silk™

Peaches, Strawberries & Banana

Pineapple Delight™ **250**

Pineapple, Orange & Banana

Rockin' Raspberry™

Raspberries, Strawberries & Banana

Strawberry Beach™

Strawberries & Non-Fat Yogurt

Strawberry Lemonade™ **NEW**

Strawberries & Lemonade

Jetty Punch™

Strawberries & Banana

ORANGE = CALORIE COUNT WHEN MADE WITH SPLENDA®



SUPERCHARGED

24 OZ. SERVING

Acai Berry Boost™ **290**

Acai, Pomegranate, Banana, Blueberries & Strawberries

Peanut Paradise™

Peanut Butter, Banana, Non-Fat Yogurt & Whey or Soy Protein

Health Nut™

Blueberries, Mango, Banana, Almonds & Whey or Soy Protein

Pomegranate Plunge™

Pomegranate, Banana, Strawberries & Cranberry

Lean Machine™

Strawberries, Banana, Weight Mgmt & Energizer

Muscle Blaster™

Strawberries, Banana & Whey or Soy Protein

Triple Berry Oat™ **390**

Strawberries, Blueberries, Cranberry, Multi-Vitamin, Ground Flax Seed, Whole Grain Oats, Whey Protein & Splenda®

Get Up and Goji™

Goji, Peaches, Orange, Banana & Non-Fat Yogurt

KIDS menu

KIDS 12 & UNDER

Big Kahuna™

Kid's Food Item with Chips, Fruit or Cookie & 12 oz. Kid's Smoothie

Little Surfer™

Kid's Food Item with Chips, Fruit or Cookie & 12 oz. Soft Drink

kids food

Wraps

Turkey & American
Ham & American

Salad

Chicken Caesar

Cheese Quesadilla

Add Chicken \$1.00

Cheese Pizza

Add Chicken \$1.00

Low-Fat Smoothies

Indulgent & Supercharged

ALL 24 OZ. MADE WITH TURBINADO UNLESS OTHERWISE REQUESTED

INDULGENT

24 OZ. SERVING

Mocha Madness™

Chocolate, Coffee, Cappuccino & Non-Fat Yogurt (AVAILABLE IN REGULAR OR DECAF)

Beach Bum™

Strawberries, Banana & Chocolate

Bahama Mama™

Strawberries, Pineapple, White Chocolate & Coconut

Tropi-Colada™

Pineapple, Coconut & Banana

Chocolate Chiller™

Chocolate, White Chocolate & Non-Fat Yogurt

Peanut Butter Cup™

Peanut Butter, Banana & Chocolate

supplements

- Multi-Vitamin
- Whey or Soy Protein
- Whole Grain Oats
- Ground Flax Seed
- Weight Management
- Energizer
- Vitamin-C Immune Complex

kids smoothies

12 oz. Smoothies Made With Turbinado

Lil' Lemonberry™ **NEW**

Strawberries & Lemonade

Jetty Junior™

Strawberries & Banana

Awesome Orange™

Orange, White Chocolate & Non-Fat Yogurt

Chocolate Chimp™

Banana & Chocolate

beverages & sides

Cold Drinks

Bottled Water

Cookies

Chips

Coffee

each or three for

Smoothie & a Half!

Any smoothie and your choice of half sandwich or half salad

Make it a Meal!

Add a smoothie to any food item

