

# GREENS & GRAINS



## DELI SANDWICHES

Served with Community chips and pickle spear.  
Sandwiches pressed upon request.

### CHICKEN CAESAR CIABATTA 10.99

SLICED CHICKEN / ASIAGO CHEESE / LEAF LETTUCE / CAESAR DRESSING



### TURKEY PESTO CIABATTA 10.99

SLICED TURKEY / NUT-FREE PESTO / MOZZARELLA / SUN-DRIED TOMATOES / LEAF LETTUCE



### ITALIAN CIABATTA 12.99

SLICED SALAMI / HAM / PEPPERONI / PROVOLONE / BANANA PEPPERS / TOMATO / RED ONION / ITALIAN DRESSING / LEAF LETTUCE



### CLASSIC BLT CIABATTA 9.99

SMOKED BACON / TOMATO / LEAF LETTUCE / MAYO



### TURKEY APPLE BACON WRAP 10.99

TURKEY / SLICED APPLES / BACON / CHEDDAR CHEESE / HONEY MUSTARD / LEAF LETTUCE



### TUSCAN CHICKEN CIABATTA 10.99

GRILLED CHICKEN / SUN-DRIED TOMATOES / LEAF LETTUCE / MOZZARELLA / NUT-FREE PESTO



### CAPRESE CIABATTA 9.99

SLICED MOZZARELLA / FRESH BASIL / TOMATO / BALSAMIC GLAZE



## GRAIN BOWLS / SALADS

### HOT HONEY CHICKEN BOWL 12.99

QUINOA / GRILLED CHICKEN / COLESLAW / ROASTED TOMATOES / CHOPPED ROMAINE / FRIED ONIONS / MIKE'S HOT HONEY



### CHICKEN BACON AVOCADO RANCH 12.99

GRILLED CHICKEN / AVOCADO / CHOPPED ROMAINE / RED ONION / QUINOA / DICED BACON / CHIPOTLE RANCH / TORTILLA STRIPS



### BALSAMIC AVOCADO GRAIN BOWL 10.99

QUINOA / FETA CHEESE / CHOPPED ROMAINE / CUCUMBER / AVOCADO / BANANA PEPPERS / BALSAMIC VINAIGRETTE



### CHICKEN CAESAR SALAD 10.99

SLICED CHICKEN / ASIAGO CHEESE / CHOPPED ROMAINE / CROUTONS / CAESAR DRESSING







**GREENS &  
GRAINS**

SYRACUSE UNIVERSITY

# BUILD YOUR OWN

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**SALADS AND BOWLS 10.99**

EXTRA PROTEIN 3.99

**SANDWICHES/WRAPPS 10.99**

ADD BACON OR AVOCADO 3.99

EXTRA MEAT 3.99

**GLUTEN FREE OPTIONS ARE  
AVAILABLE UPON REQUEST.**

