



Custom Sandwiches



Choice of Freshly Baked Bread:

Seven Grain, Sour Dough, Rye, Egg Bread, Pumpernickel, Ciabatta, Baguette, Dr. Snyder, English Muffin, Lavash Flat Bread (Whole Wheat or Spinach)

ALL SANDWICHES INCLUDE: Romaine Lettuce, Tomato, and Mayonnaise unless specified.

Light & Refreshing

Add Avocado 1.50, Add Bacon 1.50

	Whole	Half
Turkey Breast	320 - 590 cal. 6.50	4.75
Black Forest Ham	320 - 590 cal. 6.50	4.75
Smoked Turkey	320 - 590 cal. 6.50	4.75
Corned Beef	490 - 710 cal. 6.50	4.75
Roast Beef	470 - 690 cal. 6.50	4.75
Mortadella	330 - 600 cal. 6.50	4.75
Italian Salami	670 - 890 cal. 6.50	4.75
Turkey & Ham	320 - 590 cal. 6.50	4.75
Turkey & Roast Beef	440 - 650 cal. 6.50	4.75
Avocado Turkey	565 cal. 8.75	5.75

Salad Sandwiches

	Whole	Half
Albacore Tuna 360 - 670 cal.	6.95	4.95
Caesar Chicken Salad 375 - 550 cal.	6.95	4.95
Chicken Salad 370 - 680 cal.	6.95	4.95
Egg Salad 515 - 625 cal.	6.95	5.35
Olivieh 515 - 625 cal.	6.95	4.95
Chicken Salad with Potatoes, Pickles, Hard Boiled Eggs, Mayo & Mustard		

Vegetarian

	Whole	Half
Red & Green Combo 460 cal.	6.95	4.95
Mixed Greens, Romaine Lettuce, Mayonnaise Tomato, Persian Cucumber, Avocado, Provolone Cheese		
Love That Basil 440 cal.	6.95	4.95
Mixed Greens, Avocado, Fresh Basil, Tomato, Provolone Cheese, Pesto		
Garden Burger 350 cal.	6.95	4.95
Mayo, Mustard, Lettuce and Tomato		
Avocado & Cheese 710 cal.	6.95	4.95
Cheddar, Provolone & Pepper Jack Cheese, Mayo and Tomato		
Vegetarian Turkey 470 cal.	6.95	4.95
Veggie Meatball	6.95	
Peanut Butter & Jelly 430 cal.	3.50	

Croissant Sandwiches

	330 - 600 cal.
Scrambled Eggs & Cheese	4.95
Ham, Egg, & Cheese	5.55
Bacon, Egg, & Cheese	5.55
Sausage, Egg, & Cheese	5.55
Turkey, Egg, & Cheese	5.55
Ham & Cheese	4.95
Turkey & Cheese	4.95
Spinach & Feta	3.25
Plain Butter Croissant	2.00

Lovebird Specialties

Add Avocado 1.50, Add Bacon 1.50

	Whole	Half
Wild Alaskan Salmon 380 cal.	8.75	5.75
Cream Cheese Capers Red Onion Tomato		
California Sub 530 cal.	8.75	5.75
Turkey Roast Beef Ham Provolone & Cheddar		
Italian Sub 630 cal.	8.75	5.75
Salami Ham Mortadella Provolone Cheese with Italian Dressing on Ciabatta		
French Connection 820 cal.	8.75	5.75
Smoked Turkey Bacon Swiss Cheese Onion Tomato Mayonnaise and Dijon Mustard		
Hank's Favorite 730 cal.	8.75	5.75
Tuna Bacon Avocado Lettuce Tomato		
Vermont Turkey 330 - 600 cal.	8.75	5.75
Apple Slices Cheddar Dijon Mustard Lettuce Mayo		

Hot & Delicious

Add Avocado 1.50, Add Bacon 1.50

	Whole	Half
Kirby's Thanksgiving Turkey 420 - 510 cal.	6.95	4.95
Turkey Breast Stuffing Cranberry Sauce		
Chicken Breast 365 - 615 cal.	6.95	4.95
Lettuce Tomato Mayonnaise		
Chicken Basil 290 - 540 cal.	6.95	4.95
Avocado Provolone Cheese Basil		
BBQ Chicken 290 - 540 cal.	6.95	4.95
Chicken Breast BBQ Sauce Tomato Red Onion		
B.L.T. 630 - 930 cal.	6.95	4.95
French Dip 510 - 690 cal.	6.95	4.95
Pepper Jack Cheese Au Jus sauce		
Meatball Sub 550 - 640 cal.	6.95	4.95
Marinara Sauce Provolone Cheese Soft French Roll		
Classic Reuben 525 - 705 cal.	6.95	4.95
1,000 Island Dressing Sauerkraut Corned Beef Swiss Cheese Rye Bread		
Pastrami 390 - 530 cal.	6.95	4.95
Mustard & Pickles Only		
Tuna Melt 390 - 530 cal.	6.95	4.95
Tuna Tomato Cheddar Cheese Mayonnaise		
Grilled Cheese 390 - 530 cal.	4.95	

Paninis

Turkey Pesto 550 cal.	4.95
Turkey Breast Provolone Cheese Fresh Basil Tomato Pesto	
Balsamic Chicken Breast 550 cal.	4.95
Chicken Breast Sun-dried Tomato Pepper Jack Cheese and Balsamic Vinegar	

Combinations

Choice of Salad: Caesar, Red & Green, Greek, or Maria's.
(Upgrade to a different salad - Add \$2.50)

Any Half Sandwich, Soup or Salad	7.95
Half Avocado Turkey Sandwich, Soup or Salad	8.50
Half Tuna Salad Sandwich, Soup or Salad	8.50
Half Chicken Salad Sandwich, Soup or Salad	8.50

Soup of the Day

Ask your server for Today's selections!

Cup	8oz.	3.95
Bowl	12 oz.	4.95



Fresh Salads

CHOICE OF DRESSINGS:	Whole	Half
House Vinaigrette Ranch Caesar Italian Blue Cheese		
Maria's 190 cal.	7.75	6.25
Spring Mix Cranberries Celery Candied Walnuts Blue Cheese Crumbs Raspberry Vinaigrette		
Add Chicken Breast 1.50		
Caesar Salad 185 cal.	7.75	6.25
Add Chicken Breast 1.50		
Spinach 460 cal.	8.25	6.75
Baby Spinach Bacon Mushroom Red Onion Hard Boiled Eggs		
Add Chicken Breast 1.50		
Greek 190 cal.	7.75	6.25
Lettuce Red Onion Bell Peppers Olives Tomato Feta Cheese Greek Dressing		
Add Chicken Breast 1.50		
Asian Chicken 380 cal.	9.25	7.75
Chicken Breast Spring Mix Shredded Cabbage Carrots Water Chestnuts Mandarin Oranges Chow Mein Noodles with Roasted Sesame Dressing		
Chef's Salad 376 cal.	9.25	7.75
Turkey Ham Cucumber Provolone & Cheddar Cheese		
Cobb Salad 670 cal.	9.25	7.75
A delicious mixture of Bacon, Chicken Breast, Hard Boiled Eggs and fresh avocado on a bed of Greens w/Blue Cheese Crumbs		
Red & Green 220 cal.	7.75	6.25
Romaine Lettuce Greens Cucumber Cherry Tomato Avocado		
Add Chicken Breast 1.50		
Add Tuna or Chicken Salad 2.50		
Waldorf 250 cal.	7.75	6.25
Red Grapes Walnuts Apple Celery in Yogurt Dressing		
White Albacore Tuna 450 cal.	8.25	6.75
Chicken Salad 450 cal.	8.25	6.75

Sides / Extras

Fries	2.75	Grab & Go Salads 2.25
Chili Cheese Fries	4.95	California Pasta
Bag of Chips	1.25	Potato Salad
Avocado	1.75	Macaroni Salad
Bacon (3 slices)	1.75	Extra Scoops
Chicken Breast	4.75	Tuna Salad
Extra Meat 3 oz.	2.95	Chicken Salad
Toast w/Butter and/or Jelly 1.50		Olivieh Salad
		Egg Salad



From our Bakery

Baked fresh daily!

Pastries

Butter Croissant	2.00
Almond or Chocolate	2.50
Fruit & Cream Cheese	2.25
Lemon Bar	2.35
Brownie	2.35
Pecan Chocolate Chip Bar	2.35
Caramel Apple Bar	2.35
Homemade Granola Bar	2.35
Cinnamon Cream Cake	2.50

Danishes

2.25 /EA

Fruit
Poppy Seed
Cheese

Muffins

2.25 /EA

Banana Walnut
Sour Cream Blueberry
Carrot
Marble
Chocolate
Almond-Poppy Seed
Honey Bran

Cookies

Chocolate Chip
Oatmeal Raisin
Checker .95 /EA
Butter Cookies
Chocolate Chip & Walnut
Oatmeal Raisin & Walnut
Seasonal Holiday Cookies



Specialty Cookies

1.25 /EA

Black & White
Raspberry Filled Envelope Cookies
Hamantashen
Chocolate Macaroon

Raspberry Hearts

1.85 /EA

European Cookies Traditional Cookie Combo

5.95 /Box
9.80 /Dozen

Homemade Breads & Rolls



Specialty loaves are all made fresh in house!

Dr. Snyder ~ Seven Grain with walnuts, raisins & honey.
Seven Grain | **Sour Dough** | **Rye Egg Bread (Challah)** | **Pumpernickel** 5.25/Loaf

Ciabatta / Baguette 2.50
Soft French Roll .55
Cinnamon Raisin (Made to Order) 4.25

Bagels 1.75
Sesame | Bacon & Cheddar | Everything
Cinnamon-Raisin | Jalapeno & Cheddar | Plain Bagel

Add Butter .30 | Add Cream Cheese .30 | Add Bacon 1.50

All pastries may contain walnuts or other nuts.
All items may not be available at all locations at all times.
Menu items and prices are subject to change without notice.