

# CREATE YOUR FAVORITE SANDWICH

## PICK YOUR OPTIONS

- 1 favorite bread
- 2 one spread
- 3 one protein
- 4 three fills
- 5 one cheese

**\$7.25** + tax

premium toppings + \$.50 ea.  
extra fill / cheese + \$.50 ea.  
extra protein + \$2.25 ea.

*Before placing your order, please inform your server if a person in your party has a food allergy.*

## 1 BREAD

assorted wraps   light rye   baguette

multi-grain   parmesan cheese + \$.99

rosemary focaccia   whole wheat

brioche   french roll   sourdough

## 3 PROTEIN

roasted turkey   bacon 3 slices  
roasted chicken   classic chicken salad  
ham   classic tuna salad  
roast beef   sesame ginger chicken

## 5 CHEESE

american   mozzarella   pepper jack  
cheddar   provolone   feta   swiss

## 2 SPREAD

avocado   horseradish cream   hummus  
balsamic vinaigrette   honey mustard   pesto  
balsamic vinegar   mayonnaise   tzatziki  
dijon mustard   olive oil & vinegar  
herb cheese   roasted garlic & sun-dried tomato aioli

## 4 FILL

basil   hot peppers   red onion  
bean sprouts   pickled red onion   spinach  
cucumbers   pickles   tomatoes  
green leaf lettuce   roasted red peppers  
farm house giardiniera

**PREMIUM**

balsamic onions

roasted vegetables

marinated artichokes

**TRY IT PRESSED!**

# Signature SANDWICHES

## THE B.L.T.T.G. 560

bacon, lettuce, roasted turkey breast, vine-ripened tomatoes, avocado spread, red onions & roasted garlic sun-dried tomato aioli, on french baguette

## THE BOSTON ITALIAN 640

genoa salami, mortadella, capicola, provolone cheese, roasted peppers & extra virgin olive oil, on rosemary focaccia

## THE DEVONSHIRE 830

roast beef, vermont cheddar cheese, vine-ripened tomatoes, spinach, balsamic onions & horseradish cream, on sourdough

**\$7.50** ea. +tax    extra protein +2.25 ea.    extra cheese +.50¢ ea.

## SANDWICH OF THE MONTH

## THE tyler SANDWICH



romaine lettuce, feta cheese, artichoke hearts, pepperoncini peppers, vine-ripened tomatoes & bell peppers

830

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# CREATE YOUR FAVORITE SALAD

## PICK YOUR OPTIONS

- ① one base
- ② four fills
- ③ one sauce

## THE BOWL

\$7.25 + tax

extra fill + \$.50ea.

## ① THE BASE

chopped romaine

sebastians blend

red leaf, green leaf, radicchio, watercress

kale

baby spinach

quinoa

farro

## ② THE FILL

basil  
artichokes  
carrots  
tomato  
cucumbers  
cilantro  
craisins  
chick peas  
black bean  
black olives  
edamame  
tzatziki

balsamic beets  
balsamic onions  
pickled red onion  
farmhouse giardiniera  
hummus (house-made)  
mandarin oranges  
pepperoncini  
radicchio

**cheese**  
crumbled bleu  
parmesan  
feta

**roasted**  
red peppers  
maple butternut squash  
mushrooms  
mixed vegetables

**charred**  
broccoli  
cauliflower  
**crunch**  
chow mein noodles  
croutons  
parmesan crisps  
pumpkin seeds  
walnuts

## ③ THE SAUCE

balsamic vinaigrette  
bleu cheese  
caesar  
cilantro lime  
cucumber basil yogurt  
italian  
mango vinaigrette  
sesame ginger  
sriracha ranch  
ranch  
oil & vinegar

## PREMIUM FILL

cage free egg +\$1.50

roasted salmon +\$3.00

sweet thai tofu +\$1.50

avocado +\$1.50

roasted chicken +\$2.50

sesame ginger chicken +\$2.50

white albacore tuna +\$2.50



# NEW POWERBOWLS \$8.25 ea. +tax

GRAINS >

quinoa

farro

## THE GYRO 382

your choice of grain, kale, tzatziki, pickled onion, grape tomatoes, cucumber, chic peas, black olives & feta

## THE HARVEST 471

your choice of grain, maple roasted butternut squash, charred broccoli, roasted red peppers, charred cauliflower, hummus & pesto vinaigrette

## THE SESAME GINGER 491

your choice of grain, edamame, bean sprouts, radicchio, kale, chow mein noodles, red peppers, broccoli, sesame ginger dressing & sesame seeds

# Signature SALADS \$7.75 ea. +tax

ALL SIGNATURES UNDER 500 CALORIES!

## THE ALEXANDER <sup>vegan</sup> 452

baby spinach, romaine lettuce, roasted red peppers, mandarin orange slices, pumpkin seeds, raisins & black beans

## THE SEBASTIANS CAESAR 481

romaine lettuce, parmesan cheese, croutons, black olives & red onions

## THE MEDITERRANEAN 453

chopped romaine lettuce, feta cheese, artichoke hearts, pepperoncini peppers, vine-ripened tomatoes & roasted red peppers

ADD PROTEIN TO ANY POWER BOWL OR SIGNATURE SALAD!

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