

BUILD YOUR OWN

"everything"
on our sandwiches include:
mayo, mustard, lettuce, tomato,
pickles, pepperoncinis & onions

- HAM 8.49
- SALAMI 8.49
- TURKEY 8.49
- CHICKEN 8.49
- TUNA 8.49
- BLT 8.49

choice of bread

- WHEAT ROLL
- SOURDOUGH ROLL
- DUTCH CRUNCH ROLL
- SQUAW
- MARBLE RYE
- SLICED WHEAT
- SLICED SOURDOUGH

choice of cheese

- AMERICAN
- SWISS
- PEPPER JACK
- CHEDDAR
- PROVOLONE
- CREAM CHEESE

extras

- cheese .50
- bacon 1.49
- avocado 1.49
- meat 2.00
- sauce & dressing .50

cold sandwiches

- DROP SHOT** 9.49

turkey, bacon, & swiss cheese
- BACKHAND** 9.49

turkey, avocado, & cream cheese
- SMASH** 9.49

ham, salami, chicken, jack cheese, & italian dressing
- TOPSPIN** 9.49

chicken, swiss cheese, & avocado
- THE DECK'S FAMOUS AVOCADO TOAST** 6.00

toasted wheat bread with avocado, olive oil, tomatoes, onions, jalapeños, salt & pepper
- LOB** 9.49

turkey, avocado, & pepper jack cheese
- VOLLEY** 8.49

avocado, cucumber, hummus, & sunflower seeds on squaw

hot sandwiches

- RALLY** 9.49
chicken breast, bacon, avocado, & melted jack cheese
- BACKSPIN** 9.49
chicken breast & melted pepper jack
- SERVE** 9.49
chicken breast, bbq sauce, & melted cheese

wraps

- CHICKEN & BACON TORTILLA WRAP** 8.49
chicken, bacon, cheddar, lettuce, & our ranch dressing
- CHICKEN CAESAR WRAP** 8.49
a classic caesar with romaine lettuce, shredded parmesan cheese, & sliced grilled chicken
- TUNA LETTUCE TORTILLA WRAP** 8.49
a bed of lettuce with a scoop of tuna, topped with onions, pickles, tomatoes, & balsamic dressing

protein
shakes

THE ERIC 6.00
mango puree, orange
juice, banana,
almond

BERRIES WILD 6.00
strawberry puree,
strawberries, blueberries,
blackberries, raspberries,
almond milk, & vanilla
protein

THE GREEN
DRINK 6.00
spinach, banana,
honey, pineapple,
almond milk, & vanilla
protein

OREO
DELIGHT 6.00
oreo cookies,
chocolate sauce,
almond milk, & vanilla
protein

PEANUT
BUTTER N'
CHOCOLATE 6.00
peanut butter, almond
milk, & chocolate
protein

salads

*dressings: ranch, italian, balsamic vinaigrette, caesar,
& champagne dressing*

GREEN SALAD 7.99
tomatoes, cucumbers,
croutons, shredded
cheddar cheese, red onion,
bacon bits, & sunflower
seeds on a bed of mixed
green lettuce

GRILLED CHICKEN 9.49
our green salad served with
grilled chicken added

CHEF SALAD 9.49
our green salad served with
sliced ham & turkey

TUNA SALAD 9.49
our green salad served with
albacore tuna added

CHICKEN CAESAR SALAD 9.49
our caesar salad topped with grilled
chicken

FRESH SPINACH CHICKEN
SALAD 9.49
fresh mixed spinach, grilled chicken,
chopped apples, almonds, &
cranberries all served with
champagne dressing

breakfast & treats

BAGEL 2.50
with cream cheese or butter

POWER SCRAMBLE 5.99
two eggs, spinach, cheddar
cheese, bacon, tomato, onions,
& a hash brown on the side

BREAKFAST SANDWICH 6.00
two scrambled eggs, cheddar
cheese, bacon, tomato, &
onion on a toasted bagel of
your choice

BREAKFAST BURRITO 5.99
two scrambled eggs,
cheddar cheese, & bacon

FRUIT CUP 4.00

PERFECT BARS 3.00

MUFFINS 2.50

kids menu

PERSONAL PIZZA 5.50
cheese or pepperoni

TAQUITOS 5.50

QUESADILLA 5.50
add chicken for \$1.50

NACHOS 5.50

MAC AND CHEESE 4.00

HOT DOG OR CORN DOG 3.00
served with a bag of chips

PRETZEL 2.00

ICE CREAM S 2.50 M 3.00 L 4.00