# FLATBREADS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TOFU BASIL</strong></td>
<td>$4.50</td>
<td>Cream cheese, diced tomatoes, basil and mozzarella cheese</td>
</tr>
<tr>
<td><strong>PESTO</strong></td>
<td>$4.50</td>
<td>Basil pesto, mozzarella, Monterey Jack cheese, cheddar cheese, three cheese blend and oregano</td>
</tr>
<tr>
<td><strong>MEDITERRANEAN</strong></td>
<td>$6.00</td>
<td>Basil pesto, arugula hearts, sun-dried tomatoes, spinach, halumata olives, mozzarella cheese, feta cheese and grilled chicken</td>
</tr>
</tbody>
</table>

# PITAS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>THAI CHICKEN</strong></td>
<td>$5.75</td>
<td>Grilled chicken, bell peppers, onions, cucumbers and spicy peanut sauce</td>
</tr>
<tr>
<td><strong>FAJITA CHICKEN</strong></td>
<td>$5.75</td>
<td>Grilled chicken, cheddar cheese, fajita veggies and chipotle mayo dressing</td>
</tr>
<tr>
<td><strong>GARDEN</strong></td>
<td>$4.25</td>
<td>Cucumbers, onions, bell peppers, black olives, mushrooms, spring mix, tomatoes, feta cheese and balsamic dressing</td>
</tr>
<tr>
<td><strong>CHICKEN-RIFIC</strong></td>
<td>$4.25</td>
<td>Grilled chicken salad (bell peppers, sweet pickle relish and light mayo), spring mix and tomatoes</td>
</tr>
<tr>
<td><strong>TUNA-RIFIC</strong></td>
<td>$4.25</td>
<td>Tuna salad (bell peppers, sweet pickle relish and light mayo), spring mix and tomatoes</td>
</tr>
<tr>
<td><strong>THE BEAST</strong></td>
<td>$4.25</td>
<td>Roast beef, cheddar cheese, spring mix, sliced onions and chipotle mayo</td>
</tr>
<tr>
<td><strong>KICKIN’ CHICKEN</strong></td>
<td>$5.75</td>
<td>Grilled chicken, mozzarella cheese, spring mix, tomatoes, jalapeños and ranch dressing</td>
</tr>
<tr>
<td><strong>SMOKIN’ TURKEY</strong></td>
<td>$4.25</td>
<td>Turkey, Monterey Jack cheese, cucumbers, spring mix and chipotle mayo dressing</td>
</tr>
</tbody>
</table>

# WRAPS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WILL ROGERS PRIDE &amp; JOY</strong></td>
<td>$3.90</td>
<td>Grilled chicken breast, white rice and southwest seasoned veggies</td>
</tr>
<tr>
<td><strong>THE DOUBLE B</strong></td>
<td>$3.90</td>
<td>Black beans, garlic and light mayo mix, Monterey Jack cheese, guacamole, spring mix and tomatoes</td>
</tr>
<tr>
<td><strong>BEST DATE EVER</strong></td>
<td>$3.90</td>
<td>Local honey peanut butter, sliced bananas and dates</td>
</tr>
<tr>
<td><strong>HUMMUS</strong></td>
<td>$3.90</td>
<td>Roasted red pepper hummus, onions, tomatoes, black olives, bell peppers, spring mix and spinach</td>
</tr>
<tr>
<td><strong>JALAPEÑO CHICKEN</strong></td>
<td>$3.90</td>
<td>Grilled chicken, Monterey Jack cheese, guacamole, jalapeños, spring mix and light mayo</td>
</tr>
</tbody>
</table>

# Veggie Options

- **VEGETARIAN**
- **VEGAN**
- **GLUTEN FRIENDLY**
- **LOCAL**

Flatbreads are locally made in Oklahoma City at Sweis Brothers Bakery.
# Salads

**Moroccan Lentil**  
$2.60 cup, $4.40 bowl  
Lentil salad (red onion, sun-dried tomatoes, extra virgin olive oil, lemon juice, salt, pepper) cherry tomatoes and balsamic dressing

**Chicken Breast Salad**  
$3.89 (L) $7.25  
Grilled chicken, cherry tomatoes, mozzarella cheese and ranch dressing

**Thai Chicken**  
$3.89 (L) $7.50  
Grilled chicken, onions, cucumbers, bell peppers and spicy peanut sauce

**Fajita Chicken**  
$3.89 (L) $7.50  
Grilled fajita chicken, cheddar cheese, fajita vegetables and chipotle mayo dressing

**Turkey**  
$3.89 (L) $6.25  
Turkey, cucumbers, Monterey Jack cheese and chipotle mayo dressing

**My Big Fat Greek Salad**  
$3.89 (L) $7.25  
Grilled chicken, onions, bell peppers, cherry tomatoes, kalamata olives, feta cheese and housemade Greek dressing

**Athena’s Pasta Salad**  
$5.49  
Pastina pasta topped with roasted red peppers, cherry tomatoes, onions, kalamata olives, basil, fresh mozzarella cheese and drizzled with balsamic dressing

**My Side Salad**  
$2.50  
Grilled chicken, cherry tomatoes, mozzarella cheese and ranch dressing

**Small Caesar Salad**  
$2.50  
Grilled chicken, three cheese blend and Caesar dressing

**Tuna Salad**  
$3.89 (L) $6.25  
Tuna (red onion, sun-dried tomatoes, extra virgin olive oil, lemon juice, salt, pepper) cherry tomatoes and balsamic dressing

**Roast Beef**  
$3.89 (L) $6.25  
Grilled chicken salad (bell peppers, sweet pickle relish, light mayo) cherry tomatoes and balsamic dressing

<table>
<thead>
<tr>
<th>Fish &amp; Vegetable Soup</th>
<th>Cup $3.00, Bowl $4.80</th>
</tr>
</thead>
</table>

**Roasted Red Pepper & Gouda**  
$3.00 cup, $4.80 bowl  
Velvety-rich bisque of pureed roasted red bell pepper, smoked and shredded Gouda cheese

**Broccoli Cheese**  
$2.40 cup, $4.40 bowl  
Broccoli puree and shredded cheese

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$2.40 cup, $4.40 bowl  
Broccoli puree and shredded cheese

**Slow simmered lentils, garlic, roasted peppers, carrots, sweet onions with a hint of cumin**

**A bowl of freshly cut fruit**

<table>
<thead>
<tr>
<th>Sides</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baby Carrots</td>
<td>$1.00</td>
</tr>
<tr>
<td>Celery</td>
<td>$1.00</td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>85¢</td>
</tr>
<tr>
<td>Fruit</td>
<td>$1.00</td>
</tr>
<tr>
<td>Yogurt</td>
<td>$1.75</td>
</tr>
<tr>
<td>Oatmeal Raisin Cookies</td>
<td>75¢</td>
</tr>
<tr>
<td>M&amp;M’s Chocolate Chip Cookies</td>
<td>75¢</td>
</tr>
<tr>
<td>Chips</td>
<td>$1.50</td>
</tr>
<tr>
<td>Housemade Hummus</td>
<td>2oz $1.79</td>
</tr>
</tbody>
</table>

**Get two of your favorites for only $7.50. Choose from a small pita, half wrap, small salad or cup of soup.**

**Local**

- Baby carrots $1.00 +
- Celery $1.00 +
- Peanut butter 85¢ +
- Fruit $1.00 +
- Yogurt $1.75 +
- Oatmeal Raisin Cookies 75¢ +
- M&M’s Chocolate Chip Cookies 75¢ +
- Chips $1.50 +
- Housemade Hummus 2oz $1.79

**Choose from a small pita, half wrap, small salad or cup of soup.**

**Laughing Tomato!**

- Frito Chili Pie $3.75  
  Our savory veggie chili served over Fritos and topped with cheese, jalapenos and onions on request, add sour cream for 30¢

**Side Salad**  
$2.50  
3 cheese blend and Caesar dressing

**Rozzio’s Pasta**  
$5.49  
Vegetarian: grilled chicken, red onion, sun-dried tomatoes, extra virgin olive oil, lemon juice, salt, pepper. Vegan: grilled chicken, red onion, sun-dried tomatoes, extra virgin olive oil, lemon juice, salt, pepper. Gluten friendly: grilled chicken, red onion, sun-dried tomatoes, extra virgin olive oil, lemon juice, salt, pepper.

**Side Salad**  
$2.50  
Grilled chicken, cherry tomatoes, mozzarella cheese and ranch dressing

**Small Caesar Salad**  
$2.50  
Grilled chicken, three cheese blend and Caesar dressing

**Tuna Salad**  
$3.89 (L) $6.25  
Tuna (red onion, sun-dried tomatoes, extra virgin olive oil, lemon juice, salt, pepper) cherry tomatoes and balsamic dressing

**Roast Beef**  
$3.89 (L) $6.25  
Grilled chicken salad (bell peppers, sweet pickle relish, light mayo) cherry tomatoes and balsamic dressing

**Roasted Red Pepper & Gouda**  
$3.00 cup, $4.80 bowl  
Velvety-rich bisque of pureed roasted red bell pepper, smoked and shredded Gouda cheese

**Broccoli Cheese**  
$2.40 cup, $4.40 bowl  
Broccoli puree and shredded cheese

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