THAI CHICKEN STEAK
($5.75) ($8.25)
Grilled chicken breast, white rice and southwest cheddar cheese, garbanzo beans, tomatoes, and grilled chicken Calorie: 562 (S) 338, Fat 14 g, Sodium 908 mg

PIZZA Supreme
($4.15)
Homemade hummus, spinach, kale, olives, onions, tomatoes Calorie: 247, Fat 9 g, Sodium 586 mg

HUMMUS wrap
($3.90) ($5.00)
Roasted red pepper hummus, onions, tomatoes, black olives, bell peppers, spinach, and grilled chicken Calorie: 336, Fat 12 g, Sodium 540 mg

Pesto Super Dive
($4.15)
Pesto basil, mozzarella, Monterey Jack cheese, cheddar cheese, Parmesan cheese and oregano Calorie: 440

MEDITERRANEAN Supreme
($5.00)
Basil pesto, arugula, sun-dried tomatoes, spinach, kalamata olives, mozzarella, feta cheese, and grilled chicken Calorie: 443
**Salads**

- **TUNA SALAD** $3.89 (L) $6.25
  - Tuna salad (bell peppers, sweet pickle relish, light mayo) cherry tomatoes and choice of dressing
  - (S) Calories 64, Fat 2 g, Sodium 80 mg
  - (L) Calories 133, Fat 4 g, Sodium 391 mg

- **CHICKEN CAESAR** $3.89 (L) $7.25
  - Grilled chicken, Parmesan cheese and Caesar dressing
  - (S) Calories 181, Fat 10 g, Sodium 803 mg
  - (L) Calories 368

- **CHICKEN SALAD** $3.89 (L) $6.25
  - Grilled chicken salad (bell peppers, sweet pickle relish, light mayo) cherry tomatoes and choice of dressing
  - (S) Calories 76, Fat 3 g, Sodium 132 mg
  - (L) Calories 166, Fat 5 g, Sodium 383 mg

- **ROAST BEEF** $3.89 (L) $6.25
  - Roast beef, cheddar cheese, onions and dressing of choice
  - Without Dressing
  - (S) Calories 108, Fat 6 g, Sodium 102 mg
  - (L) Calories 211, Fat 13 g, Sodium 1000 mg

- **HAM** $3.89 (L) $6.25
  - Honey ham, Monterey Jack cheese, cherry tomatoes and honey mustard dressing
  - (S) Calories 230 (L) Calories 467

- **ATHENA’S PASTA SALAD** $5.49
  - Penne pasta topped with roasted red peppers, cherry tomatoes, onions, kalamata olives, basil, fresh mozzarella and drizzled with balsamic dressing
  - Calories 285, Fat 12 g, Sodium 714 mg

- **SIDE SALAD** $2.50
  - Bell peppers, cucumber, cherry tomatoes and choice of dressing
  - Calories 20, Fat 0 g, Sodium 5 mg

- **BAJA CHICKEN/STEAK** $3.89 (L) $7.25
  - Grilled fajita chicken or seasoned steak, onions, bell peppers, tomatoes, jalapenos and chipotle mayo dressing
  - (S) Chicken: Calories 313 g, Calories 632
  - (S Steak): Calories 329 (L Steak): Calories 652

**Soups**

- **MOROCCAN LENTIL** Soup cup $2.40 bowl $4.40
  - Slow simmered lentils, garbanzo, roasted peppers, carrots, sweet onions with a hint of cumin.
  - (S) Calories 91, Fat 0 g, Sodium 481 mg
  - (Bowl) Calories 163, Fat 1 g, Sodium 862 mg

- **FRITO CHILI PIE** $2.99
  - Our savory veggie chili served over Fritos® and topped with cheese, jalapenos and onions on request, add sour cream for 30¢
  - Calories 491

- **ROASTED RED PEPPER & GOUDA SOUP** cup $2.80 bowl $4.80
  - Velvety-rich blend of poached roasted red bell pepper, smoked and shredded Gouda, whole basil leaves, crushed garlic and cream
  - (Cup) Calories 194, Fat 14 g, Sodium 503 mg
  - (Bowl) Calories 405

- **VEGGIE CHILLI** CUP $2.40 BOWL $4.40
  - A delicious blend of beans and vegetables
  - (Cup) Calories 140, Fat 1 g, Sodium 380 mg
  - (Bowl) Calories 388, Fat 3 g, Sodium 700mg

**Vegetarian/Vegan/Gluten Friendly/Fitter Foods**

- **BABY CARROTS** $1.00
  - Calories 32, Fat 0 g, Sodium 30 mg

- **CELERY** $1.00
  - Calories 12, Fat 0 g, Sodium 80 mg

- **YOUGURT** $1.75
  - (Strawberry) Calories 80, Fat 0 g, Sodium 80 mg
  - (Peach) Calories 80, Fat 2 g, Sodium 75 mg

- **FRUIT** $1.00 +
  - Calorie vary by fruit

**Pick 2**

Get two of your favorites for only $7.00 - Choose from small pita, half wrap, small salad or cup of soup.

**Fountain Drink** $1.50

Add a fountain drink and any side item marked with a “+” to make your entre a combo for an additional $2.29.