Personal Pizzas

7” SERVING BAKED IN A TRADITIONAL BRICK OVEN

CHEESE $3.50

AVAILABLE TOPPINGS 75¢ EACH:
Bacon, Beef, Ham, Pepperoni, Chicken, Sausage, Taco Beef, Banana Peppers, Bell Peppers, Black Olives, Broccoli, Jalapeños, Mushrooms, Red Onions, Roasted Red Peppers, Spinach, Tomatoes and Goat Cheese

SPECIALTY PIZZAS

SMOKEHOUSE $6
Chicken, cheddar jack cheese, red onions and barbecue sauce

NEW WORLD $6
Goat cheese, mozzarella cheese, red onions, roasted red peppers and spinach

MEXICAN $6
Taco beef, cheddar jack cheese, red onions, tomatoes and taco sauce

SUPREME $6
Pepperoni, sausage, bell peppers, mushroom and red onions

MAKE IT A COMBO
Add a side salad and a medium drink for $2.50 or add a medium drink and chips, apple or cookie for $2.

Salads

CHEF SALAD $5.50
Salad mix, ham, turkey, cheddar jack cheese, broccoli, tomatoes and a hard boiled egg with your choice of dressing
*Calories 344, Fat 15 g, Sodium 1,324 mg*

CHICKEN CAESAR $5.50
Romaine lettuce, shredded parmesan cheese, croutons and Caesar dressing

SIDE SALAD $2.50
Salad mix, cheddar jack cheese and tomatoes with your choice of dressing
*Calories 127, Fat 9 g, Sodium 191 mg*

* Nutritional information for salads does not include dressing

Sandwiches $5

BREAD
White, Wheat Berry, White Ciabatta, Hoagie, Pretzel Roll, Croissant, Flour Tortilla, Spinach Wrap, Tomato Basil Wrap, Gluten-Free Bread

VEGETABLES
Banana Peppers, Bell Peppers, Black Olives, Broccoli, Pickles, Jalapeños, Lettuce, Mushrooms, Red Onions, Roasted Red Peppers, Spinach, Tomatoes

MEATS
Turkey, Ham, Roast Beef, Tuna Salad, Chicken Salad

CHEESES
American, Cheddar, Pepper Jack, Provolone, Swiss
**Gourmet Sandwiches**

**FLYING COW CLUB $5.50**
Turkey, ham, bacon, cheese, pickles, lettuce, red onions, tomatoes and mayo on three slices of toasted white bread

**TUNA SALAD $5**
Tuna salad, pickles, lettuce, red onions, and tomatoes on wheat berry bread

**CALIFORNIA TURKEY $5.50**
Turkey, bacon, Swiss cheese, spinach, tomatoes and guacamole on a croissant

**HOT ITALIAN $5.50**
Ham, pepperoni, melted provolone, banana peppers, roasted red peppers, and basil pesto aioli on a hoagie

**CHICKEN SALAD $5**
Creamy chicken salad, lettuce, and tomatoes on a Bavarian pretzel roll

**Paninis**

**DELRAY CHICKEN $5.50**
Grilled chicken breast, goat cheese, spinach, tomatoes and citrus aioli on pressed ciabatta

**FIT TURKEY $5**
Turkey, cheddar cheese, red onions, tomatoes and guacamole on pressed ciabatta

**FIT ROAST BEEF $5**
Roast beef, cheddar cheese, red onions, spinach, and tomatoes on pressed ciabatta

**GRILLED CHEESE $4.25**
Your choice of cheeses on pressed ciabatta

**Wraps**

**ROAST BEEF WRAP $5.50**
Roast beef, cheddar cheese, spinach and tomatoes on a tomato basil wrap

**CLUB WRAP $5.50**
Turkey, ham, bacon crumbles, American cheese, lettuce and tomatoes on a spinach wrap

**CHICKEN BACON WRAP $5.75**
Chicken, bacon crumbles, cheddar jack cheese, lettuce and tomatoes on a flour tortilla

**MAKE IT A COMBO**
Add a side salad and a medium drink for $2.50 or add a medium drink and chips, apple or cookie for $2.