Homemade Dressings:
Cilantro Lime, Cracked Black Pepper Parmesan Ranch, Ranch, Fat Free Ranch, Texas Ranch, Honey Mustard, Fat Free Honey Mustard, Greek Dressing, House Vinaigrette, Creamy Caesar, Bleu Cheese, Thousand Island, Lite Italian and Balsamic Vinaigrette

818) Taco Salad 1310 cal $8.79
Seasoned ground beef on a bed of mixed greens topped with tomatoes, onions, jalapenos, shredded cheese and sour cream. Served in a fried tortilla bowl with Texas Ranch dressing.

880) Char-Broiled Chicken Caesar 910 cal $8.79
“Our Own Famous” Crisp romaine lettuce tossed in “Our Own Famous” Caesar dressing topped with char-broiled chicken, tomatoes, onions, grated Parmesan, bacon & fresh baked seasoned croutons. Served in a baked tortilla shell.
Add a fresh baked knot $0.59

880.5) Chicken Caesar Salad without chicken 450 cal $5.50
Crisp romaine lettuce tossed in “Our Own Famous” Caesar dressing topped with tomatoes, onions, grated Parmesan, bacon & fresh baked seasoned croutons. Served in a baked tortilla shell.
Add a fresh baked knot $0.59

881) Char-Broiled Chicken Cobb 560 cal $8.79
Lots of baby greens & lettuce topped with fresh seasonal veggies, tomatoes, onions, crumbled bleu cheese, chopped egg, bacon and char-broiled chicken and crunchy croutons.
Add a fresh baked knot $0.59

882) Chef Salad 500 cal $8.79
Our giant green salad topped off with garden fresh seasonal veggies, tomatoes, onions with pinwheels of turkey, ham, Swiss & cheddar, chopped egg and our crunchy croutons.
Add a fresh baked knot $0.59

883) Char-Broiled Chicken Garden Salad 500 cal $8.79
Our giant green salad topped off with garden fresh seasonal veggies, tomatoes and onions with char-broiled chicken breast and our crunchy croutons.
Add a fresh baked knot $0.59

884) Giant Mixed Green Salad 220 cal $5.50
Crisp assortment of greens with lots of garden fresh seasonal veggies, tomatoes & onions topped with homemade crunchy croutons.
Add a fresh baked knot $0.59

886) Chicken Salad Plate 610 cal $8.79
A bed of shredded lettuce topped with a generous scoop of our delicious chicken salad, garnished with tomato wedges shredded cheese and bacon topped with homemade crunchy croutons.
Add a fresh baked knot $0.59

887) Greek Salad 810 cal $8.79
Grilled chicken, lettuce, tomatoes, cucumbers, banana peppers, onions, chicken & Feta cheese with our house vinaigrette. Served with pita points.

Gluten Free Wraps Available upon request - 75¢
*Complimentary Fresh Homemade Soups on Dine In.
ALL OF OUR SANDWICHES COME WITH CHIPS & PICKLES UNLESS INDICATED WITH A *) (SERVED WITH PRETZELS & PICKLES.)

804) Turkey Panini  680 cal $8.79
Thin sliced breast of turkey, tomato, crisp bacon and melted Swiss, spread with mayo on grilled whole wheat bread.

805) The Ultimate Grilled Ham & Cheese  760 cal $8.79
Thin sliced ham with cheddar and Swiss topped with tomato and bacon on grilled Rye bread.

811) All-American Bacon Cheeseburger $9.99
Served with Lettuce, tomato, and fries, mayo

822) Chicken Salad Melt  690 cal $8.79
Our delicious chicken salad mounded on grilled whole wheat bread topped with tomato and Swiss cheese.

823) Philly Cheese Steak  720 cal $8.79
Grilled beef smothered with lots of sautéed onions, peppers and grilled mushrooms. Baked over with provolone on a toasted hoagie.

824) Turkey, Muenster Cheese, Avocado Sandwich  660 cal $8.79
Turkey, Muenster cheese, avocado, pepperoncini, ranch on a pressed Ciabatta.

832) Rosemary Roast Beef  660 cal $8.79
Rosemary encrusted roast beef, baked over with provolone and mayo on a toasted garlic hoagie sided with au jus for dipping.

834) Turkey Dill Panini  600 cal $8.79
Grilled turkey & spinach melted over with Jack cheese and topped with tomatoes & Dijon dill sauce. Sided with chips.

Served with Lettuce, tomato, mayo and fries

841) Here’s the Beef  720 cal $8.79
Thin sliced roast beef on a toasted garlic hoagie baked over with mozzarella sided with au jus for dipping. Served with chips.

843) California Style Turkey Reuben  800 cal $8.79
Lettuce, turkey, mayonnaise, thousand island dressing. Grilled on hand sliced marble Rye.

848) Abbey Place Beef, Cheddar & Bacon  720 cal $8.79
Thinly sliced roast beef topped with crisp bacon, baked over with cheddar and finished with lettuce, tomato and mayo on a hoagie.

849) New York Style Reuben  1020 cal $8.79
Lots of thin sliced corned beef piled high topped with Swiss cheese, sauerkraut & thousand island dressing. Grilled on hand sliced marble Rye.

850) The Cuban Sandwich  700 cal $8.79
Salami, ham, roasted pork, sliced pickles, Swiss cheese & mustard on a grilled panini. Sided with chips.

802) Pacific Club  500 cal $8.79
Thin sliced turkey breast piled high with crisp bacon, sprouts, tomato & Swiss, spread with mayo on one side, guacamole on the other and served on whole wheat bread.

803) Buffalo Chicken Sandwich  $8.79
Tender whole breast of chicken marinated in spicy buffalo sauce topped with cheddar, lettuce & tomato, spread with ranch. Served on Ciabatta bread.

808) Italian Hoagie  720 cal $8.79
Ham, salami, pepperoni, provolone, lettuce, tomatoes, onions, banana peppers roasted red peppers, oil, vinegar and oregano. Sided with chips.

840) Chicken Salad Sandwich  670 cal $8.79
Lots of our famous chicken salad topped with lettuce & tomato served on a fresh baked hoagie.

846) Montford Special  600 cal $8.79
Thin sliced roast turkey breast topped with crisp bacon baked over with Swiss & finished off with thousand island dressing served on a fresh baked hoagie.

847) Club Sandwich  700 cal $8.79
Lots of turkey, crisp thin bacon, sliced ham, lettuce, tomato & mayo on toasted whole wheat bread.

860) Honey Mustard Char-Broiled Chicken  660 cal $8.79
Char-broiled chicken baked over with provolone topped with lettuce, tomato & honey mustard on Ciabatta bread.

865) Cheddar Bacon Char-Broiled Chicken  660 cal $8.79
Char-broiled chicken topped with crisp bacon baked over with cheddar cheese topped with lettuce & tomato. Touched with mayonnaise on a grilled hoagie.

870) Turkey, Swiss, Honey Mustard Our #2 Best Seller  340 cal $8.79
Lots of thinly sliced roast turkey topped with Swiss, lettuce, tomato and honey mustard on whole wheat bread.

Our Chicken Is Raised Without Antibiotics

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833) Chicken Caesar Salad Pita  500 cal $8.79
Sliced charbroiled chicken tossed in our own creamy Caesar dressing with shredded romaine lettuce, diced tomato and red onions wrapped in a warm pita. Served with chips.

851) Egg Salad Pita  450 cal $8.79
Lots of freshly made egg salad topped with tomato slices wrapped in a soft pita served with chips.

852) Greek Pita  780 cal $8.79
Thin sliced chicken breast with lettuce, tomato, red onions, feta cheese and black olives. Tossed with homemade tzatziki sauce in a warm pita. Served with pretzels.

855) Turkey Provolone Pita Our Best Seller  460 cal $8.79
Lots of thin sliced turkey breast baked over with lite provolone topped with tomato slices & ranch dressing wrapped in a warm pita. Served with pretzels.

856) Chicken Salad Pita  560 cal $8.79
Our delicious chicken salad topped with crisp bacon and tomato wrapped in a warm pita. Served with chips.

862) Ranch Char-Broiled Chicken Pita  500 cal $8.79
Thin sliced chicken breast, baked over with provolone cheese finished with lettuce and tomato, spread with Ranch dressing. Served on a warm pita with chips.

863) Chicken Gyro Pita  500 cal $8.79
Thin sliced chicken, lettuce, tomatoes, onions and homemade tzatziki sauce on a grilled pita. Sided with chips.

It’s A WrapPinni

814) Veggie  390 cal $8.79
Crisp ripe tomato, lettuce, red onion, carrots, spinach & squash w/ provolone cheese and fat free honey mustard dressing served in a grilled whole wheat wrap.

817) Firecracker  360 cal $8.79
Chicken, jalapenos, onion, jack cheese, guacamole and ranch served in a grilled wrap.

830) Jalapeno Roast Beef  360 cal $8.79
Thin sliced roast beef and jalapenos, baked over with jack cheese finished with mayo on a grilled wrap.

831) Philly Cheese Steak  380 cal $8.79
Grilled roast beef baked over with cheddar cheese, sauteed onions, peppers, mushroom rooms and mayo in a grilled wrap.

842) Chicken Ranch  520 cal $8.79
Sliced char-grilled chicken topped with shredded lettuce, tomato, bacon bits and cheddar cheese splashed with salsa and ranch, grilled in a wrap.

891) Turkey Swiss  360 cal $8.79
Thin sliced turkey breast with Swiss, lettuce, tomato and honey mustard dressing in a grilled whole wheat wrap.