



Cuisine to Diet for!

Appetizers

Green Chile Mushroom Phyllo's 9.75 579 calories small size 6.75 348 calories

Cheese Crisp 6.50 cheese, homemade tortilla, green chile sauce 611 calories

Sandwiches

Add avocado to your sandwich (add 92 calories). Order with a side of veggies (add 52 calories) or side of Fruit (add 60 calories) *Green salad option assumes light olive oil & vinegar

Chile Verde Birdie Ask to sub Sriracha mustard 550 calories (1/2 sandwich 275 cal)

Turkey breast, provolone, tomato and lettuce 12.25

Full sized sandwich no bread- on top of a green salad 346 calories* / As a lettuce wrap 261 calories

Ace of Clubs Ask for no butter & sub Sriracha mustard 643 calories (1/2 sandwich 322 cal)

Turkey breast, ham, bacon, provolone cheese, tomato, lettuce 12.75

Full sized sandwich no bread - on top of a green salad 452 calories* / As a lettuce wrap 366 calories

Perfect "Prickly" Pear Ask to sub Sriracha mustard 694 calories (1/2 sandwich 347 cal)

Prickly pear marinated chicken breast w/ lettuce, tomato and melted provolone 12

Salad section / As a lettuce wrap 333 calories

See

Philly Cheese Steak Ask to sub chicken and for no butter 648 calories (1/2 sandwich 324 cal)

Grilled steak, sautéed onions & melted American cheese. 12.25

Full sized sandwich no bread - on top of a green salad 396 calories* / As a lettuce wrap 311 calories

Cure Heaven Pastrami As is on menu 612 calories (1/2 sandwich 308 cal)

Served hot w/ green chiles, provolone & mustard. 11

Full sized sandwich no bread - on top of a green salad 437 calories* / As a lettuce wrap 352 calories

Hoagie & Bacall Ask for no Italian dressing, sub light oil & vinegar 648 calories (1/2 sandwich 324 cal)

Ham, Genoa salami & pepperoni w/ provolone cheese, banana peppers, onions, lettuce & tomato. 11

Full sized sandwich no bread - on top of a green salad 447 calories* / As a lettuce wrap 362 calories

It's About Thyme Ask for no basil mayo 690 calories (1/2 sandwich 345 cal)

Balsamic-thyme marinated chicken breast w/ sautéed mushrooms, melted provolone, lettuce, tomato & basil mayonnaise. 12

See Salad section / As a lettuce wrap 414 calories

Let it BLT Ask for no butter and sub Sriracha mustard 667 calories (1/2 sandwich 409 cal)

Thick bacon strips w/ lettuce, tomatoes & red onions. 11.50

As a lettuce wrap 411 calories

We Must Meat, I Ain't Lion Ask to sub Sriracha mustard (1/2 sandwich 469 cal)

Filet Mignon w/ gorgonzola cheese, caramelized onions w/ spinach & tomato. 14.75

CuBand on the Run *Cubano* As is on the menu 697 calories (1/2 sandwich 349 cal)

Roast pork, cured ham, Swiss, pickles & Sriracha mustard 11.25

Full sized sandwich no bread - on top of a green salad 530 calories*

The Way I Ham As is on the menu 639 calories (1/2 sandwich 330 cal)

Ham, provolone, lettuce, tomato & mayo 10

Full sized sandwich no bread - on top of a green salad 492 calories*

You can tune a piano, but you can't Tuna fish As is on the menu 635 calories (1/2 sandwich 318 cal)

Tuna salad, lettuce & tomato 10

Full sized sandwich no bread - on top of a green salad 443 calories*

FYI: Our homemade whole wheat wraps are 254 calories and a healthy, nutritional choice. Our homemade bread is 271 calories.

Entrees (calories include veg but not side choice)

Open-faced New Mexican smothered Green Chile Turkey | sharp cheddar | roasted vegetable 14 681 cal

Filet Mignon | caramelized onion jus | roasted vegetable 16 503 cal

Soups

French Onion 5/7.50 • Cup 239 calories Bowl 477 calories

Green Chile Stew 5/7.50 • Cup 229 calories Bowl 459 calories

Salads Does not include dressing calories. Suggest using less dressing or oil & vinegar or lemon.

Goat To Have It

Breaded goat cheese served warm over greens with sun-dried tomatoes & pine nuts.

Sm 9 • 634 calories

Prickly Pear green salad Sm 8.5 296 calories • Lg 13 576 calories

Spinach Wheel, Got To Go Round

Spinach, red chile pecans, house roasted bell peppers & gorgonzola with warm apples, bacon & vinaigrette.

Sm 9 349 calories

Awesome Balsam

Warm balsamic chicken, mushrooms & house roasted bell peppers. Sm 9 216 calories • Lg 13 453 calories

Tenderloin is the night

Filet Mignon, wild mushrooms, gorgonzola cheese, roma marinated tomatoes, red onions and our homemade croutons.

Sm 12 573 calories

Fresh Tossed Greens or Caesar Salad Sm 5.50 54 calories • Lg 8.50 103 calories