



# Cuisine to Diet for!

Ask to see our full Lunch/Dinner menu nutrition info

## Appetizer

**Green Chile Mushroom Phyllo's** 9.75 577 calories

**Cheese Crisp** 6.50 cheese, homemade tortilla, green chile sauce 663 calories

## Sandwiches

Our homemade 100% whole wheat wraps are 254 calories and a healthy, nutritional choice. Our homemade bread is 280 cal. Side of veggies, 57 cal. Side of Fruit, 61 cal. Green salad(\$1 more), 54 cal.

**Chile Verde Birdie** Ask to sub green chile & mustard, full sandwich 536 calories. 1/2 sandwich 268 cal

Turkey breast, provolone, tomato and lettuce 12.25

Full sandwich as a lettuce wrap 256 calories

**Ace of Clubs** Ask for no butter & sub green chile & mustard, full sandwich 652 calories. 1/2 sandwich 326 cal

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

Full sandwich as a lettuce wrap 372 calories

**Perfect "Prickly" Pear** Ask to sub green chile & mustard, full sandwich 708 calories. 1/2 sandwich 354 cal

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

Full sandwich as a lettuce wrap 428 calories

**Philly Cheese Steak** Ask for no butter & sub chicken, full sandwich 654 calories. 1/2 sandwich 327 cal

Grilled steak, sautéed onions & melted American cheese. 12.25

Full sandwich as a lettuce wrap 374 calories

**Cure Heaven Pastrami** Full sandwich as is on menu 621 calories. 1/2 sandwich 311 cal

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

Full sandwich as a lettuce wrap 341 calories

**Hoagie & Bacall** Ask for no Italian dressing, sub light oil & vinegar, full sandwich 709 calories. 1/2 sandwich 355 cal

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

Full sandwich as a lettuce wrap 429 calories

**It's About Thyme** Ask for no basil aioli, full sandwich 697 calories. 1/2 sandwich 349 cal

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

Full sandwich as a lettuce wrap 417 calories

**Let it BLT** Ask for no butter, sub green chile & mustard , full sandwich 658 calories. 1/2 sandwich 329 cal

Thick bacon strips w/ lettuce, tomatoes. 11.50

Full sandwich as a lettuce wrap 378 calories

**We Must Meat, I Ain't Lion** Ask to sub green chile & mustard, 1/2 sandwich 472 cal

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

½ sandwich as a lettuce wrap 326 calories

**The Way I Ham** Ask to sub green chile & mustard, full sandwich 487 cal. 1/2 sandwich 244 cal

Ham, provolone, lettuce & tomato 10

Full sandwich as a lettuce wrap 207 calories

**You can tune a piano, but you can't Tuna fish** Full sandwich 635 calories. 1/2 sandwich 318 cal

Tuna salad, lettuce & tomato 10

Full sandwich as a lettuce wrap 364 calories

## Entrees (calories include veg but not side choice)

**Open-faced New Mexican smothered Green Chile Turkey** | sharp cheddar | vegetable 14 669 cal

**Filet Mignon** | caramelized onion jus | vegetable 16 518 cal

## Soup

**French Onion** 5/7.50 • Cup 239 calories Bowl 477 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 roasted red bell peppers & fresh basil.

Sm 9 • 606 calories

**Prickly Pear Green Salad** Sm 9 194 calories • Lg 13 383 calories

### **Awesome Balsam**

Warm balsamic chicken, mushrooms & roasted red bell peppers. Sm 9 219 calories • Lg 13 432 calories

### **Tenderloin is the night**

Filet Mignon, roasted red bell peppers, gorgonzola cheese, roma marinated tomatoes, red onions and our homemade croutons.

Sm 12 553 calories

**Fresh Tossed Greens** Sm 5.50 54 calories • Lg 8.50 103 calories