



Flancer's

Gourmet Grub

Lite Cuisine to Diet for!

ASK TO SEE OUR FULL NUTRITIONAL INFO

APPETIZER

Green Chile Mushroom Phyllo's

577 calories | 9.75

Cheese Crisp

Cheese, homemade tortilla, green chile sauce.

663 calories | 6.50

SANDWICHES

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

Chile Verde Birdie | Ask to sub green chile & mustard.

Full sandwich, 536 calories. 1/2 sandwich, 268 calories.

Full sandwich as a lettuce wrap, 256 calories

Turkey breast, provolone, tomato and lettuce | 12.25

Ac Of Clubs | Ask for no butter & sub green chile & mustard.

Full sandwich, 652 calories. 1/2 sandwich, 326 cal

Full sandwich as a lettuce wrap, 372 calories. *Turkey breast,*

ham, bacon, provolone cheese, tomato, lettuce | 12.75

Perfect "Prickly" Pear | Ask to sub green chile & mustard.

Full sandwich, 708 calories. 1/2 sandwich, 354 calories. Full sandwich as a lettuce wrap, 428 calories.

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

Philly Cheese Steak | Ask for no butter & sub chicken.

Full sandwich 654 calories. 1/2 sandwich 327 calories.

Full sandwich as a lettuce wrap 374 calories. *Grilled steak, sautéed onions & melted American cheese | 12.25*

Cure Heaven Pastrami | Full sandwich as is on menu,

621 calories. 1/2 sandwich, 311 calories. Full sandwich

as a lettuce wrap, 341 calories. *Served hot w/green chiles,*

provolone & mustard | 11

Hoagie & Bacall | Ask for no Italian dressing, sub light oil

& vinegar. Full sandwich, 750 calories. 1/2 sandwich, 376

calories. Full sandwich as a lettuce wrap, 470 calories.

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

It's About Thyme | Ask for no basil aioli. Full sandwich,

697 calories. 1/2 sandwich, 349 calories. Full sandwich as a

lettuce wrap, 417 calories. *Balsamic-thyme marinated chicken*

breast w/ sautéed mushrooms, melted provolone,

lettuce & tomato | 12

Let It BLT | Ask for no butter, sub green chile & mustard.

Full sandwich, 658 calories. 1/2 sandwich, 329 calories.

Full sandwich as a lettuce wrap, 378 calories.

Thick bacon strips w/ lettuce, tomatoes | 11.50

We Must Meat, I Ain't Lion | Ask to sub green chile

& mustard. 1/2 sandwich, 472 calories. 1/2 sandwich as a lettuce

wrap, 326 calories. *Filet Mignon w/gorgonzola cheese, caramelized*

onions, lettuce & tomato | 14.75

The Way I Ham | Ask to sub green chile & mustard.

Full sandwich, 487 calories. 1/2 sandwich, 244 calories.

Full sandwich as a lettuce wrap, 207 calories.

Ham, provolone, lettuce & tomato | 10

You Can Tune A Piano, But You Can't Tuna Fish

Full sandwich, 635 calories. 1/2 sandwich, 318 calories.

Full sandwich as a lettuce wrap, 364 calories.

Tuna salad, lettuce & tomato | 10

ENTREES

(Calories include vegetable but not side choice)

Open-faced New Mexican Smothered Green Chile Turkey

sharp cheddar | vegetable, 669 calories | 14

Filet Mignon | Caramelized onion jus | Vegetable, 518 calories | 16

SOUP

French Onion | Cup, 239 calories. 5 | Bowl, 477 calories. 7.50

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.

Small, 606 calories | 9

Prickly Pear Green Salad

Small, 194 calories. 9 | Large, 383 calories. 13

Awesome Balsam

Warm balsamic chicken, mushrooms & roasted red bell peppers.

Small, 219 calories. 9 | Large, 432 calories. 13

Tenderloin is the night

Filet Mignon, roasted red bell peppers, gorgonzola cheese, roma

marinated tomatoes, red onions and our homemade croutons.

Small, 553 calories | 12

Fresh Tossed Greens

Small, 54 calories. 5.50 | Large, 103 calories. 8.50