

# Light menu

## Appetizer

### Green Chile Mushroom Phyllo's

577 Calories | 11

### Cheese Crisp

Cheese, Homemade Tortilla, Green Chile Sauce  
663 Calories | 7

## 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 add \$1, 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 | 12.5

### Ace Of Clubs | Ask For No Butter & Sub Green Chile &

Mustard. Full Sandwich, 652 Calories. 1/2 Sandwich, 326 Calories. Full Sandwich As A Lettuce Wrap, 372 Calories.  
Turkey Breast, Ham, Bacon, Provolone Cheese, Tomato, Lettuce | 13.50

### 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 | 13

### 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 | 12.75

### 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 | 11.75

### Hoagie & Bacall | Ask For No Italian Dressing, Sub Light Oil

& Vinegar. Full Sandwich, 709 Calories. 1/2 Sandwich, 355 Calories. Full Sandwich As A Lettuce Wrap, 429 Calories.  
Ham, Genoa Salami & Pepperoni w/ Provolone Cheese, Banana Peppers, Onions, Lettuce & Tomato | 11.75

### 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 | 12.5

### 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 | 12.25

### 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 | 16

### 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 | 10.50

### 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 | 10.5

### Vibes Of Veggie | Ask For No Aioli, Sub Mustard.

Sun Dried Tomato, Avocado, Mushrooms, Cucumbers, Caramelized Onions, Roasted Red Bell Peppers, Cheddar Cheese, Tomato & Lettuce, 581 Calories | 10.5

### French Dit It, Dip It Good | Ask For No Butter

& No Horseradish Dijonaise. French Dip Roast Beef w/ Au Jus, 502 Calories | 12.5

## Entrees

(Calories Include Vegetable But Not Side Choice)

### Open-Faced New Mexican Smothered Green Chile Turkey

Sharp Cheddar, Vegetable, 669 Calories | 14.5

## Soup

### Cup 5 | Bowl 7.5

French Onion | 239 calories | 477 calories

Green Chile Stew | 215 calories | 430 calories

## Salads

Does Not Include Dressing Calories. Suggest Using Less Dressing Or Oil & Vinegar Or Lemon.

### Prickly Pear Green Salad

194 Calories. Sm. 9.25 | 383 Calories Lg. 13.5

### Awesome Balsam

Warm Balsamic Chicken, Mushrooms & Roasted Red Bell Peppers. 219 Calories Sm. 9.25 | 432 Calories Lg. 13.5

### Tenderloin Is The Night

Filet Mignon, Roasted Red Bell Peppers, Gorgonzola Cheese, Roma Marinated Tomatoes, Red Onions And Our Homemade Croutons. 553 calories | Sm. 12.25

### Fresh Tossed Greens

54 calories Sm. 5.5 | 103 calories Lg. 8.5

### Cobb Salad

422 calories Sm. 9.25



**Flancer's**

Gourmet Grub

\*All of our beef menu items can be cooked to order. Caesar dressing contains raw eggs. Consuming raw or undercooked eggs & beef may increase your risk of food borne illness. Ask for more information about gluten free meals. Straws available upon request.