

CHICO'S FRESH BREAD BAKERY CAFÉ

Forest Fax: 345-7141 Phone: 345-7155
 Bakery Hours: Monday-Friday 6:00-5:30 Saturday 6:30-5:00



**Breakfast & Lunch
 Served**

Monday-Friday until 4:00 & Saturday until 3:30

Name: _____ Phone: _____

Pick up time at Forest bakery: _____

Circle One: **HERE** **TO GO**

~Build Your Own Sandwich~

Sandwich Only: Whole _____ Half _____

Sandwich Combo (Whole Sandwich, Chips, 24 oz Soda) _____

Half Sandwich with Soup _____ or Small Green Salad _____

~Choose your bread~

Honey Whole Wheat _____ Old-Fashioned White _____

Sourdough _____ Multigrain Types _____ Breadboard Special _____

Condiments

- _____ Mustard
0 cal
- _____ Dijon Mustard
5 cal
- _____ Porter Mustard
5 cal
- _____ Mayo
100 cal
- _____ Oil
30 cal
- _____ Vinegar
5 cal
- _____ Salt
- _____ Pepper
- _____ Hummus
100 cal

Protein

- _____ Turkey
90 cal
- _____ Ham
90 cal
- _____ Roast Beef
90 cal
- _____ Albacore Tuna
65 cal
- _____ Smoked Turkey
90 cal
- _____ Pastrami
125 cal
- _____ Salami
230 cal
- _____ Egg Salad
100 cal
- _____ Bacon 1.60
105 cal
- _____ Extra Meat 1.75

Veggies

- _____ Lettuce
5 cal
- _____ Cucumber
5 cal
- _____ Tomato
10 cal
- _____ Red Onion
10 cal
- _____ Spinach
5 cal
- _____ Dill Pickle
5 cal
- _____ Pepperoncini
5 cal
- _____ Jalapenos
5 cal
- _____ Avocado 1.60
115 cal

Cheese

- _____ Provolone
100 cal
- _____ Swiss
110 cal
- _____ Cheddar
110 cal
- _____ Pepper Jack
100 cal
- _____ Cream Cheese
50 cal
- _____ Extra Cheese .85

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BUILD YOUR OWN SALAD \$6.90

Choose your greens

Spring Greens(25 cal) _____ Romaine(20 cal) _____ Spinach(25 cal) _____

Choose your toppings

Cucumber (5 cal) _____ Tomato (10cal) _____ Red Onion (10cal) _____

Shredded Green Cabbage(10 cal) _____ Jalapeno (5 cal) _____

Pepperoncini (5 cal) _____ Garbanzo Beans(60 cal) _____

Cranberries(90 cal) _____ Asian Crispies (65 cal) _____ Croutons (90 cal) _____

Choose your cheese

Blue Cheese (100 cal) _____ Cheddar (120 cal) _____

Parmesan (110 cal) _____ Extra Cheese .85 _____

Choose your dressing

Balsamic Vinaigrette (165 cal/oz) _____ Ranch (95 cal/oz) _____

Caesar(110 cal/oz) _____ Creamy Asian(140 cal/oz) _____

Blue Cheese(170 cal/oz) _____ Extra Dressing .60 _____

Choose your extras

Chicken(150 cal) \$2.60 _____ Tuna \$2.60(65 cal) _____

Chicken Salad (330 cal) \$2.60 _____ Turkey (90 cal) \$1.75 _____

Smoked Turkey(90 cal) \$1.75 _____ Roast Beef (90 cal)\$1.75 _____

Salami(230 cal)\$1.75 _____ Bacon(105 cal) \$1.60 _____

Avocado(115 cal)\$1.60 _____ Egg (75 cal).90 _____ Apple (60 cal) .75 _____

Walnuts (190 cal) .75 _____ Almonds (165 cal) .75 _____

Wheat _____ White _____ Sourdough _____ Multigrain _____ Breadboard _____



SANDWICH AND PANINI MENU

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~~~~~**SOUP**~~~~~

\_\_\_\_\_ Cup of Soup w/ Bread Soup Choice: \_\_\_\_\_ Bread Choice: \_\_\_\_\_

~~~~~**SANDWICHES**~~~~~

- _____ Chipotle Turkey
- _____ Turkey Cranberry
- _____ Chico Chicken Salad
- _____ The Italian
- _____ Spicy Turkey
- _____ California Cobb
- _____ Chimichurri Roast Beef
- _____ Harvest Veggie with Avocado
- _____ BLT
- _____ Peanut Butter and Jelly

| |
|---------------------------|
| ~Choose your bread~ |
| Honey Whole Wheat _____ |
| Old-Fashioned White _____ |
| Sourdough _____ |
| Multigrain Types _____ |
| Breadboard Special _____ |

~~~~~**PANINIS**~~~~~

- \_\_\_\_\_ Poor Benedict
- \_\_\_\_\_ Green Eggs and Ham
- \_\_\_\_\_ Mediterranean Turkey
- \_\_\_\_\_ Out of the Forest Ham & Cheddar
- \_\_\_\_\_ The Good Buddy Pastrami
- \_\_\_\_\_ Southwestern Turkey
- \_\_\_\_\_ Turkey Pesto
- \_\_\_\_\_ Turkey Bacon Ranch
- \_\_\_\_\_ Buffalo Chicken Bleu
- \_\_\_\_\_ Tim Buc Moore

|                           |
|---------------------------|
| ~Choose your bread~       |
| Honey Whole Wheat _____   |
| Old-Fashioned White _____ |
| Sourdough _____           |
| Multigrain Types _____    |
| Breadboard Special _____  |

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~~~~~**SALAD MENU**~~~~~

_____ Cup of Soup w/ Bread Soup Choice: _____ Bread Choice: _____

_____ Small Green Salad Spring Greens ___ or Romaine ___ Dressing: _____

_____ Classic Field of Greens Add: Chicken ___ Tuna ___ Chicken Salad ___

_____ Asian Sesame Chicken Salad

_____ Caesar Salad Add Chicken _____

_____ Fuji Apple Chicken Salad

_____ Spring Greens with Chicken and Cranberry

_____ Chicken Bacon Ranch Salad Romaine _____ or Spring Greens _____