

CHICO'S FRESH BREAD BAKERY CAFÉ

Mangrove Fax: 899-0863 Phone: 899-7273
 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 Mangrove 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 _____